**Substance Misuse Contact and Signposting Document**

**Southampton**

**Drug and Alcohol Recovery Service**

A free, confidential and non-judgemental open access service with a warm welcome

**Referrals can be made in person or by external agencies using any of the details below.**

**Adults**

(25 years and over)

ARMS

023 80 717 171

2 The Carronades

New Road

S014 0AA

Email: [southampton@cgl.org.uk](mailto:southampton@cgl.org.uk)

[www.changegrowlive.org](http://www.changegrowlive.org)

Young People

(24 years or under)

DASH

023 80 224 224

**13 High St**

**Southampton**

**SO14 2DF**

Email: advice@nolimitshelp.org.uk

[www.nolimitshelp.org.uk](http://www.nolimitshelp.org.uk)

**Treatment services offered**

1. **Assessment**

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| --- | --- |
| Young People (24 and under)  DASH  023 80 224 224 | Adults (25 and over)  Assessment Review and Monitoring (ARMS)  023 80 717 171 |

As part of our new, integrated, recovery focused service, you will be initially assessed by one of our Recovery Workers so we can identify the support and services that will best meet your needs.

We provide:

* Comprehensive assessment and recovery planning
* Care-coordination, review and monitoring throughout treatment
* Harm reduction advice, information and services
* Brief and psychosocial interventions
* Family and carer support
* Referral for treatment and/or structured interventions
* Personalised budgets for detox and rehabilitation services and other treatment or support
* Access to housing and benefits advice and support and
* Access to employment, training and education advice.

1. **Structured Interventions**

**Whole Person Recovery**

Once seen by DASH or ARMS, you could be referred to the Structured Interventions Team, where you will work with a key worker who will support you through your recovery. You will be treated as an individual and will decide on the type of support you receive, which can include a range of options, including clinical and psychosocial care.

We provide:

* Structured treatment interventions such as one-to-one’s, workshops and groups
* Medically assisted recovery
* Comprehensive health assessments and blood borne virus (BBV) testing/immunisation
* Partnerships with specialist services
* Drug and alcohol recovery counselling
* Recovery programmes such as Roads to Recovery and Acceptance Commitment Therapy
* Complementary therapies such as mindfulness, creative art and music
* Sports sessions including boxing, gym, kickboxing, football and golf (provided by the Saints4Sport project in partnership with Southampton FC’s Saints Foundation) and
* Pathways to employment.

**How to access our services**

Our services are Open Access which means you can self-refer by dropping in, emailing or calling. We also accept referrals from GPs and external agencies

**Drug & Alcohol Advice and Information**

 **Talk to Frank** – National confidential drugs information and advice

[**www.talktofrank.com**](http://www.talktofrank.com)

**Freephone:** 0300 123 6600 **(24 hours)**

**Pharmacies offering Needle Exchange**

Super Drug Stores Plc, 401 – 403 Bitterne Road, Bitterne, Southampton, SO18 5RR

Tel: 023 8044 1842

Day Lewis Chemist, 195 Portswood Road, Portswood, Southampton, SO17 2NF

Tel: 023 8055 3573

Lloyds Pharmacy, Unit 2, Shirley Centre, Shirley, Southampton, SO15 5LL

Tel: 023 8077 5300

Pharmacy Direct, 202 Shirley Road, Shirley, Southampton, SO15 3FL

Tel: 023 8022 5387

Pharmacy Direct The Weston Lane Centre for Healthy Living, Weston Lane, Weston, Southampton, SO19 9GH

Tel: 023 8044 7700

Sangha Pharmacy, 48 Thornhill Park Road, Thornhill

Tel: 023 8046 2333

**Any clinical waste/discarded needles found in the community need to be reported to the local authority service. Call contact -** [**environmental.health@southampton.gov.uk**](mailto:environmental.health@southampton.gov.uk) 

**Sexual Health**

**Genito-urinary medicine (GUM) service** – advice, testing and treatment for sexual infections

Ring for an appointment: **Tel: 0300 300 2016** or order STI tests, condoms and HIV tests from [www.letstalkaboutit.nhs.uk](http://www.letstalkaboutit.nhs.uk)

**Additional Information around Available Leaflets for Signposting Document**

There is a comprehensive collection of leaflets and information available that covers all aspects of harm reduction advice. The following are examples of more popular ones, which can be supplied through Southampton Drug and Alcohol Recovery Service (023 8071 7171) or directly from the suppliers – some of which there is a cost for.

**Detox Handbook**

Including information around the risk of overdose following detox

(esp. prison release)

Available from <https://www.hit.org.uk/index.php/handbook-series/item/110-detox-handbook>

There is a cost

**The Safer Injecting Handbook**

Including advice around safer injecting practices, avoiding risks, BBV

Information.

Available from <https://www.hit.org.uk/index.php/handbook-series/item/112-safer-injecting-handbook>

There is a cost

**The Methadone Handbook**

Including advice around harm reduction, what Methadone is and the part it can play in coming off heroin.

Available from <https://www.hit.org.uk/index.php/handbook-series/item/109-methadone-handbook>

There is a cost