DRUG AND ALCOHOL SUPPORT AND TREATMENT

HARINGEY SERVICE DIRECTORY

www.haringey.gov.uk
INTRODUCTION

This booklet lists drug and alcohol support and treatment services in Haringey. All services are confidential and free of charge for Haringey residents.

There are several treatment and support options available. This booklet should help identify the best options for you or someone close to you. Details for each service include a short description of who the service is for, the services offered, how to access them, contact details and opening times.

A table on pages 4-5 shows the list of the main options available in each service. From page 22 onwards you can find telephone numbers for other organisations that you may find useful. Further copies of this booklet and information about other services such as Haringey Council or health services can be found at www.haringey.gov.uk and www.haringey.nhs.uk

Feedback and involvement in services

Views from service users, as well as from those who are close to them, are important to us as they help shape our services. For more information about how to get involved in helping us plan services please contact the individual agencies listed here.

Published in September 2010 by Haringey Drug and Alcohol Action Team (DAAT). The services listed on pages 4-17 are fully or partly funded by the DAAT.
## OVERVIEW OF SERVICES

This table provides a quick reference to the main services and support on offer. Please refer to each agency’s individual page for a full listing.

<table>
<thead>
<tr>
<th>Service need</th>
<th>BUBIC</th>
<th>DASH</th>
<th>Dual</th>
<th>Eban</th>
<th>Haringey Aftercare</th>
<th>WDP Structured Day Programme</th>
<th>HAGA</th>
<th>Involve</th>
<th>SHOC</th>
<th>RISE</th>
<th>COSMIC</th>
<th>Chrysalis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Access to GP prescribing</td>
<td>☑</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Access to rehab and detox</td>
<td>☑</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Advice and information</td>
<td>☑</td>
<td>☑</td>
<td></td>
<td>☑</td>
<td>☑</td>
<td>☑</td>
<td>☑</td>
<td>☑</td>
<td>☑</td>
<td>☑</td>
<td>☑</td>
<td>☑</td>
</tr>
<tr>
<td>Alcohol support</td>
<td>☑</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Children and young people (up to age 21)</td>
<td></td>
<td>☑</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Complementary therapies</td>
<td>☑</td>
<td>☑</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Counselling</td>
<td>☑</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Crack specialist support</td>
<td>☑</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Domestic violence support</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Employment and training support</td>
<td>☑</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ex-users peer support</td>
<td>☑</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Group work</td>
<td>☑</td>
<td>☑</td>
<td></td>
<td></td>
<td>☑</td>
<td>☑</td>
<td>☑</td>
<td>☑</td>
<td>☑</td>
<td>☑</td>
<td></td>
<td>☑</td>
</tr>
<tr>
<td>Hepatitis B and C and HIV testing and Hep C immunisation</td>
<td>☑</td>
<td>☑</td>
<td></td>
<td></td>
<td>☑</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Needle exchange</td>
<td>☑</td>
<td></td>
<td></td>
<td></td>
<td>☑</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>One-to-one support</td>
<td>☑</td>
<td>☑</td>
<td></td>
<td></td>
<td>☑</td>
<td></td>
<td>☑</td>
<td>☑</td>
<td>☑</td>
<td>☑</td>
<td></td>
<td>☑</td>
</tr>
<tr>
<td>Open access support (no referral needed)</td>
<td>☑</td>
<td>☑</td>
<td></td>
<td></td>
<td>☑</td>
<td></td>
<td>☑</td>
<td>☑</td>
<td>☑</td>
<td>☑</td>
<td></td>
<td>☑</td>
</tr>
<tr>
<td>Overdose advice</td>
<td>☑</td>
<td>☑</td>
<td></td>
<td></td>
<td>☑</td>
<td></td>
<td>☑</td>
<td>☑</td>
<td>☑</td>
<td>☑</td>
<td></td>
<td>☑</td>
</tr>
<tr>
<td>Substitute prescribing for heroin or opiate users</td>
<td>☑</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Counselling for family and friends</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Advice and info for family and friends</td>
<td>☑</td>
<td>☑</td>
<td></td>
<td></td>
<td>☑</td>
<td></td>
<td>☑</td>
<td>☑</td>
<td>☑</td>
<td>☑</td>
<td></td>
<td>☑</td>
</tr>
<tr>
<td>Women only groups</td>
<td>☑</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
BUBIC is a community organisation that provides support for drug users, ex drug users and their family and friends.

Peer support group sessions
One-to-one support
Information and advice on drug treatment
Educational talks and lectures
Assertive and satellite outreach
Volunteer training programme
Work placements
Hope – a service to re-engage those who have dropped out of treatment

Services offered

Description
BUBIC holds open access sessions across the borough. Drop in to any of the sessions listed below.

Contact details
First floor
9 Bruce Grove
Tottenham
London N17 6RA
www.bubic.org.uk
Email: info@bubic.org.uk

Wed 2pm - 4pm:
WDP (Westminster Drug Project)
Structured Day Programme
9 Bruce Grove
London N17 6RA

Support sessions
Thurs 6pm - 9pm:
Sky City Community Centre
The Mall
65 Penwortham Court
Mayes Road
Wood Green
London N22 6SR

How to access
BUBIC holds open access sessions across the borough. Drop in to any of the sessions listed below.

Group sessions
Mon 6pm - 8pm social and leisure evening:
The Bell
676 High Road
Tottenham
London N17 0AE

Contact details
Tel: 020 8808 6550

Description
BUBIC is a community organisation that provides support for drug users, ex drug users and their family and friends.

Services offered

Wed 2pm - 4pm:
WDP (Westminster Drug Project)
Structured Day Programme
9 Bruce Grove
London N17 6RA

How to access
BUBIC holds open access sessions across the borough. Drop in to any of the sessions listed below.

Group sessions
Mon 6pm - 8pm social and leisure evening:
The Bell
676 High Road
Tottenham
London N17 0AE

Contact details
Tel: 020 8808 6550

Description
BUBIC is a community organisation that provides support for drug users, ex drug users and their family and friends.

Services offered

Wed 2pm - 4pm:
WDP (Westminster Drug Project)
Structured Day Programme
9 Bruce Grove
London N17 6RA

How to access
BUBIC holds open access sessions across the borough. Drop in to any of the sessions listed below.

Group sessions
Mon 6pm - 8pm social and leisure evening:
The Bell
676 High Road
Tottenham
London N17 0AE

Contact details
Tel: 020 8808 6550

Description
BUBIC is a community organisation that provides support for drug users, ex drug users and their family and friends.

Services offered

Wed 2pm - 4pm:
WDP (Westminster Drug Project)
Structured Day Programme
9 Bruce Grove
London N17 6RA

How to access
BUBIC holds open access sessions across the borough. Drop in to any of the sessions listed below.

Group sessions
Mon 6pm - 8pm social and leisure evening:
The Bell
676 High Road
Tottenham
London N17 0AE
**DASH**  
(DRUG ADVISORY SERVICE HARINGEY)

**Contact details**  
Orchard House  
St Ann's Hospital  
St Ann's Road  
London  
N15 3TH  
Tel: 020 8826 2400  
Fax: 020 8826 2424

**Description**  
DASH is for people aged 18 and over who are having problems with drugs. Support is also available for family and friends.

**Services offered**  
- Advice and information  
- One-to-one keyworking  
- Structured group work  
- Substitute prescribing  
- Access to residential detox and rehab  
- Mental and physical health assessments  
- Hep B/C & HIV testing and Hep B immunisation  
- Complementary therapies  
- Access to GP prescribing  
- Legal, benefits and housing advice  
- Needle exchange  
- Women only group  
- Support group for cannabis users

**How to access**  
You can drop in any time during opening hours to find out more about the service.

**Opening times**  
Mon 9.30am - 5pm  
Tues 9.30am - 5pm  
Thurs 9.30am - 5pm  
Fri 9.30am - 5pm  
Wed 9.30am - 7.30pm

---

**DUAL DIAGNOSIS NETWORK**

**Contact details**  
Orchard House  
St Ann's Hospital  
St Ann's Road  
London  
N15 3TH  
Tel: 020 8826 2400  
Fax: 020 8826 2424

**Description**  
Service for people aged 18 and over who have both a serious mental health problem and a problematic drug and/or alcohol issue.

**Services offered**  
- Dual diagnosis link keyworkers  
- Specialist dual diagnosis assessments  
- Motivational interviewing  
- Access to community and specialist teams in relapse prevention  
- Harm reduction  
- Group work  
- Teaching and training for professionals

**How to access**  
By referral from mental health teams and wards, DASH, HAGA, CRI, Eban and Probation Service.

**Opening times**  
Mon 9am - 5pm  
Tues 9am - 5pm  
Wed 9am - 5pm  
Thurs 9am - 5pm  
Fri 9am - 5pm
**EBAN**

**Contact details**

9 Bruce Grove  
1st Floor  
Tottenham  
London N17 6RA  
Email: eban@blenheimcdp.org.uk  
www.blenheimcdp.org.uk

**Description**

Service for drug users over the age of 18. Support is also available for family and friends, including one-to-one counselling.

**Services offered**

- Showers and laundry facilities
- Hot meals
- Complementary therapies
- One-to-one counselling
- Structured groups
- Keyworking sessions
- Registered nurse on site
- Needle exchange (packs only)
- Hep B/C & HIV testing and Hep B immunisation
- Women only space
- Life skills
- Counselling for family and friends

**How to access**

You can contact the service directly. Referrals from professionals are also welcome.

**Opening times**

- Mon: 2pm - 4.30pm
- Tues: 2pm - 4.30pm
- Weds: 2pm - 4.30pm
- Thurs: 2pm - 4.30pm
- Fri: 2pm - 4.30pm
- Sat: 10am - 2pm
- 6pm - 9pm

**WDP (WESTMINSTER DRUG PROJECT) STRUCTURED DAY PROGRAMME**

**Contact details**

9 Bruce Grove  
Tottenham  
London N17 6RA  
Tel: 020 8885 0111  
Fax: 020 8801 0663

**Description**

Service offers high level support for people aged 18 and over experiencing problems related to drug use.

**Services offered**

- One-to-one support
- Structured group work programme incorporating goal setting, personal development, acupuncture, peer support, life skills and relapse prevention and other aspects.

**How to access**

By referral from Probation Service and Haringey based drug treatment services.

**Opening times**

- Mon: 9am - 5pm
- Tues: 9am - 5pm
- Weds: 9am - 5pm
- Thurs: 9am - 5pm
- Fri: 9am - 5pm
**HAGA**  
(HARINGEY ADVISORY GROUP ON ALCOHOL)

**Contact details**
590 Seven Sisters Rd  
Tottenham  
London N15 6HR

Tel: 020 8800 6999

www.haga.co.uk

**Description**
An alcohol treatment and advice service for alcohol misusers, their families and friends.

**Services offered**
- Day treatment service
- Home detox
- Counselling
- Outreach and home support
- Training for professionals
- Domestic violence support
- Access to residential detox and rehab

**How to access**
Please phone for appointment or walk-in assessment is available Monday to Thursday 10.15am - 1.15pm.

**Opening times**
- Mon 9am - 5.30pm  
- Tues 9am - 8pm  
- Weds 9am - 5.30pm  
- Thurs 9am - 8pm  
- Fri 9am - 5pm

**RISE**  
(AN UMBRELLA ORGANISATION WHICH COMBINES THE KINESIS AND WESTMINSTER DRUG PROJECT AFTERCARE SERVICES)

**Contact details**
Rothbury Walk  
171 Park Lane  
London N17 6OJ

Tel: 020 8801 3999  
Fax: 020 8885 8680

**Description**
Service for people aged 18 and over who are working towards being drug and alcohol free after treatment and looking for meaningful activity.

Also provides access to social and vocational, training and volunteering opportunities.

**Services offered**
- Peer support
- One-to-one keyworking and coaching
- Complementary therapies (including acupuncture and shiatsu)
- Relapse prevention
- Debt management
- Support into education, training and employment
- Housing advice
- Life skills
- Workshops

**How to access**
You can contact the service directly. Referrals from professionals are also welcome.

**Opening times**
- Mon 9.30am - 5pm  
- Tues 9.30am - 5pm  
- Weds 9.30am - 5pm  
- Thurs 9.30am - 5pm  
- Fri 9.30am - 5pm
### IN-VOLVE

**Contact details**
- In-volve Haringey
  - Tel: 020 8493 8525
  - 40 Bromley Road
  - Tottenham
  - London N17 0AW
- Email: office@haringey.in-volve.org.uk
- www.in-volve.org.uk

**Description**
Service for young people aged 13 to 21 affected by drug or alcohol use. Support is also available for family and friends.

**Services offered**
- Full assessment of needs
- Individual care programme
- One-to-one keyworking
- Information, education and training
- Open access drop-in
- Complementary therapies
- Access to suitable medical and prescribing options
- Specialist assessment for multi-agency care plans
- Parent/family support

Appointments are available off-site by arrangement

**How to access**
Both open access and referral. Young people are encouraged to access the service directly. Referral form and screening tools are available on the website.

**Opening times**
- Mon 10am - 5.30pm
- Tues 10am - 5.30pm
- Weds 10am - 8pm
- Thurs 10am - 5.30pm
- Fri 10am - 5.30pm

### SHOC
(SEXUAL HEALTH ON CALL)

**Contact details**
- Stroud Green Clinic
  - Tel: 020 7281 9988
  - 12-14 Upper Tollington Park
  - London N4 3EL
- Email: michelle.shoc@virgin.net

**Description**
Service for female sex workers who live or work in Haringey and Enfield, in both on and off street environments.

**Services offered**
- Sexual health screening and treatment
- Family planning
- Testing for blood borne viruses
- Hepatitis B and A vaccinations
- Drop-ins
- Food and shower facilities
- Creative workshops
- On and off street outreach
- Needle exchange
- Training and awareness raising for professionals
- Alternative therapies

**How to access**
Open access - no referral required. Please telephone for further details.

**Opening times**
- Mon 7pm - 11pm
- Tues 2pm - 5pm
- Weds 2pm - 5pm
- Thurs 2pm - 6pm
- Fri 7pm - 11pm
### COSMIC

**Contact details**

<table>
<thead>
<tr>
<th>COSMIC</th>
<th>Tel: 020 8800 6999</th>
</tr>
</thead>
<tbody>
<tr>
<td>590 Seven Sisters Road</td>
<td></td>
</tr>
<tr>
<td>Tottenham</td>
<td></td>
</tr>
<tr>
<td>London N15 6HR</td>
<td></td>
</tr>
</tbody>
</table>

**Description**

This service offers support for parents with drug or alcohol issues and for children who are affected by substance misuse, either by a family member or through their own use.

**Services offered**

- Parenting workshops and support groups
- One-to-one keyworking for parents
- Family learning and fun activity sessions
- Support to young people aged 11 to 16 years who have or are likely to develop an alcohol problem
- Support to children under 12 years who have or are likely to develop a drug or alcohol problem
- Direct work sessions for children and young people about the effects of drug and alcohol misuse
- Preventative work and education

**How to access**

Referrals from professionals and/or self referrals by calling 020 8800 6999. Young people can refer by calling the free phone line on 0800 389 5257.

**Opening times**

<table>
<thead>
<tr>
<th>Mon</th>
<th>10am - 5.30pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues</td>
<td>10am - 6.30pm</td>
</tr>
<tr>
<td>Weds</td>
<td>10am - 5.30pm</td>
</tr>
<tr>
<td>Thurs</td>
<td>10am - 6.30pm</td>
</tr>
<tr>
<td>Fri</td>
<td>10am - 5pm</td>
</tr>
<tr>
<td>Sat</td>
<td>10.30am - 3.30pm</td>
</tr>
</tbody>
</table>

---

### CHRYSLIS SERVICE

**Contact details**

<table>
<thead>
<tr>
<th>BUBIC</th>
<th>Tel: 0208 808 6550</th>
</tr>
</thead>
<tbody>
<tr>
<td>First floor</td>
<td></td>
</tr>
<tr>
<td>9 Bruce Grove</td>
<td></td>
</tr>
<tr>
<td>Tottenham</td>
<td></td>
</tr>
<tr>
<td>London N17 6RA</td>
<td></td>
</tr>
</tbody>
</table>

**Description**

This is a service for family and friends of drug and alcohol users. Chrysalis is a rolling programme of educational workshops designed to help people cope better. Each workshop is followed by facilitated discussion.

**Workshops offered**

- Confidence building
- Understanding treatment
- Understanding family dynamics
- Understanding addiction
- Understanding the effects of different drugs and alcohol
- Health issues and other risks
- Overdose training
- Domestic violence and abuse
- Confidence, assertiveness and self-esteem
- Self-help and introduction to the principles of peer support

**How to access**

For the workshop prospectus and to enrol, please call us or send an email.

**Opening times**

Every Monday 6.30pm - 8.30pm

St. Raphael Centre, Behind St. Michaels Church
Corner of Bounds Green Road and High Road (nr Civic Centre)
London N22
## PHARMACY NEEDLE EXCHANGE

Injecting equipment is available at the following pharmacies. Pharmacy needle exchange is a free and confidential service.

<table>
<thead>
<tr>
<th>Hornsey</th>
<th>Wood Green</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coral Pharmacy</td>
<td>Cross Chemist</td>
</tr>
<tr>
<td>312 Park Road</td>
<td>471 Lordship Lane</td>
</tr>
<tr>
<td>London N8 8LA</td>
<td>London N22 5DJ</td>
</tr>
<tr>
<td>Tel: 020 8340 6734</td>
<td>Tel: 020 8888 4166</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tottenham</th>
<th>Pharmacy Express</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beautychem</td>
<td>214 High Road</td>
</tr>
<tr>
<td>11 Great Cambridge Road</td>
<td>London N22 8HH</td>
</tr>
<tr>
<td>London N17 7LH</td>
<td>Tel: 020 8888 1669</td>
</tr>
<tr>
<td>Tel: 020 8808 4015</td>
<td>Tel: 020 8888 1669</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Boots</th>
<th>Morrisons Pharmacy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unit 2a Tottenham Hale</td>
<td>High Road</td>
</tr>
<tr>
<td>Retail Park Broad Lane</td>
<td>London N22 6BH</td>
</tr>
<tr>
<td>London N15 4QD</td>
<td>Tel: 020 8881 4841</td>
</tr>
<tr>
<td>Tel: 020 8801 7243</td>
<td>Tel: 020 8881 4841</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cadge Pharmacy</th>
<th>Safemore Pharmacy</th>
</tr>
</thead>
<tbody>
<tr>
<td>105 Philip Lane</td>
<td>67 Westbury Avenue</td>
</tr>
<tr>
<td>London N15 4JR</td>
<td>London N22 6SA</td>
</tr>
<tr>
<td>Tel: 020 8808 2740</td>
<td>Tel: 020 8888 5360</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Coopers Pharmacy</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>59 Broad Lane</td>
<td></td>
</tr>
<tr>
<td>London N15 4DJ</td>
<td></td>
</tr>
<tr>
<td>Tel: 020 8808 0422</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dowsett Pharmacy</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>70 Dowsett Road</td>
<td></td>
</tr>
<tr>
<td>London N17 9DD</td>
<td></td>
</tr>
<tr>
<td>Tel: 020 8808 1088</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Porter Pharmacy</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>48-50 Gt Cambridge Road</td>
<td></td>
</tr>
<tr>
<td>London N17 7BU</td>
<td></td>
</tr>
<tr>
<td>Tel: 020 8808 7031</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Safedale Pharmacy</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>491-493 Seven Sisters Road</td>
<td></td>
</tr>
<tr>
<td>London N15 6EP</td>
<td></td>
</tr>
<tr>
<td>Tel: 020 8800 4876</td>
<td></td>
</tr>
<tr>
<td>TERMS USED IN THIS DIRECTORY</td>
<td></td>
</tr>
<tr>
<td>------------------------------</td>
<td></td>
</tr>
<tr>
<td><strong>Aftercare</strong></td>
<td>Ongoing support after drug treatment – usually includes relapse prevention and housing, employment and training support.</td>
</tr>
<tr>
<td><strong>Blood borne viruses</strong></td>
<td>Viruses carried in the bloodstream: hepatitis B, hepatitis C and HIV. Transmitted by infected body fluids. Needle sharers are at particular risk.</td>
</tr>
<tr>
<td><strong>Complementary (alternative) therapies</strong></td>
<td>Treatments like acupuncture, reiki and massage which help with relaxing and coping with the everyday stresses more effectively.</td>
</tr>
<tr>
<td><strong>Detox</strong></td>
<td>A form of treatment where the aim is to withdraw from addictive drugs (eg. opiates) or alcohol in such a way that minimises the symptoms of withdrawal and risk of harm.</td>
</tr>
<tr>
<td><strong>Dual diagnosis</strong></td>
<td>Term used in health services to describe people with mental health problems who also misuse drugs and/or alcohol.</td>
</tr>
<tr>
<td><strong>GP prescribing</strong></td>
<td>Treatment for stable opiate users where prescribing of methadone or buprenorphine is given by a GP with support from drug treatment services.</td>
</tr>
<tr>
<td><strong>Harm reduction</strong></td>
<td>Activities and services (eg. needle exchange, overdose training) that seek to minimise the harm that drug or alcohol using behaviour causes.</td>
</tr>
<tr>
<td><strong>Keyworking</strong></td>
<td>Support which includes care planning, drug-related advice and information, interventions to reduce harm, motivational interventions, addressing social issues and offending, and relapse prevention.</td>
</tr>
<tr>
<td><strong>Life skills</strong></td>
<td>Life skills is the term used to cover a wide range of skills, from personal hygiene, shopping for food, cleaning your home to handling money.</td>
</tr>
<tr>
<td><strong>Motivational interviewing</strong></td>
<td>A client centred counselling method which helps in thinking differently about behavioural patterns and what might be gained through change.</td>
</tr>
<tr>
<td><strong>Opiate</strong></td>
<td>A category for sedative drugs (eg. heroin, opium, codeine) that depress the central nervous system. These drugs can induce analgesia, euphoria, and in higher doses, stupor, coma, respiratory depression and ultimately death.</td>
</tr>
<tr>
<td><strong>Peer support</strong></td>
<td>Support from ex drug or alcohol users.</td>
</tr>
<tr>
<td><strong>Poly drug user</strong></td>
<td>Refers to someone who uses two or more drugs (including alcohol).</td>
</tr>
<tr>
<td><strong>Rehab</strong></td>
<td>Residential treatment programmes for drug and/or alcohol users who are trying to give up use. Programmes usually last between 3 and 6 months.</td>
</tr>
<tr>
<td><strong>Substitute prescribing</strong></td>
<td>A form of treatment where the aim is not to eliminate drug use in the short term but to stabilise the use by prescribing a substitute for heroin, eg. methadone.</td>
</tr>
</tbody>
</table>
## OTHER USEFUL NUMBERS

<table>
<thead>
<tr>
<th>Category</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Adult alcohol and drug services</strong></td>
<td></td>
</tr>
<tr>
<td>Alcoholics Anonymous – a self support group</td>
<td>0845 769 7555</td>
</tr>
<tr>
<td><strong>Drug Interventions Programme for offenders</strong></td>
<td>020 8885 6195</td>
</tr>
<tr>
<td><strong>Narcotics Anonymous Helpline</strong></td>
<td>020 7730 0009</td>
</tr>
<tr>
<td><strong>Emotional support</strong></td>
<td></td>
</tr>
<tr>
<td>Samaritans</td>
<td>0845 790 9090</td>
</tr>
<tr>
<td><strong>Employment</strong></td>
<td></td>
</tr>
<tr>
<td>Job Centre Plus</td>
<td>0845 604 3719</td>
</tr>
<tr>
<td>Employment Action Network</td>
<td>020 8489 2384</td>
</tr>
<tr>
<td>NHS Haringey: Working for Health</td>
<td>020 8442 6081</td>
</tr>
<tr>
<td>Positive Employment: Positive Futures</td>
<td>020 8375 3460</td>
</tr>
<tr>
<td>Working Links: Altogether Better</td>
<td>020 8275 4200</td>
</tr>
<tr>
<td><strong>Family support</strong></td>
<td></td>
</tr>
<tr>
<td>Adfam – national agency for families affected by drugs</td>
<td>020 7553 7640</td>
</tr>
<tr>
<td>Famanon – for families and friends affected by drugs</td>
<td>0845 120 0660</td>
</tr>
<tr>
<td>HARTS – practical and emotional advice and support for vulnerable families in Haringey</td>
<td>0845 303 2350</td>
</tr>
<tr>
<td>PADA – national helpline for families of drug and/or alcohol users</td>
<td>0845 702 3867</td>
</tr>
<tr>
<td><strong>Health advice</strong></td>
<td></td>
</tr>
<tr>
<td>HIV/AIDS advice and support – Haringey Adult Physical Disabilities Team</td>
<td>020 8489 5970</td>
</tr>
<tr>
<td>Locate a local GP or dentist</td>
<td>020 8370 8100</td>
</tr>
<tr>
<td><strong>NHS Direct – health advice</strong></td>
<td>0845 4647</td>
</tr>
<tr>
<td><strong>Sexual health – general enquiries</strong></td>
<td>020 8442 6536</td>
</tr>
<tr>
<td><strong>Help and advice</strong></td>
<td></td>
</tr>
<tr>
<td>Age Concern Haringey</td>
<td>020 8801 2444</td>
</tr>
<tr>
<td><strong>Asylum seekers and immigration – Haringey Council No Recourse to Public Funds (NRPF) Team</strong></td>
<td>020 8489 3210</td>
</tr>
<tr>
<td><strong>Benefits services – Haringey Council housing and council tax benefits call centre</strong></td>
<td>020 8489 2800</td>
</tr>
<tr>
<td><strong>Citizens Advice Bureau</strong></td>
<td>0844 826 9715</td>
</tr>
<tr>
<td><strong>Domestic violence – Hearthstone Advice and Support Centre</strong></td>
<td>020 8888 5362</td>
</tr>
<tr>
<td><strong>Family Planning – general enquiries</strong></td>
<td>020 8442 6810</td>
</tr>
<tr>
<td><strong>Housing Advice and Options Team</strong></td>
<td>020 8489 4309</td>
</tr>
<tr>
<td><strong>Haringey Race Equality Council</strong></td>
<td>020 8889 6871</td>
</tr>
<tr>
<td><strong>Rights of Women – legal advice line for women</strong></td>
<td>020 7251 6577</td>
</tr>
<tr>
<td><strong>Victim Support Haringey</strong></td>
<td>020 8888 9878</td>
</tr>
<tr>
<td><strong>Young people</strong></td>
<td></td>
</tr>
<tr>
<td>4YP Sexual Health Service</td>
<td>020 8442 6890</td>
</tr>
<tr>
<td>Connexions – career and education advice</td>
<td>020 8489 1410</td>
</tr>
<tr>
<td>FRANK – national drug info and advice</td>
<td>0800 776 600</td>
</tr>
</tbody>
</table>
This document lists services for Haringey residents with alcohol or drug issues. If you would like to get a copy in your own language please tick the box, fill in your name, address and send it to the freepost address below.

Please tell us if you would like a copy of this document in another language that is not listed above or in any of the following formats, and send the form to the freepost address below.

Shqip
Ky dokument radhit shërbimet për rezidentët e Haringejt që kanë problemët me alkoholin apo drogë. Nëse e doni në gjithët e ju kishë me kojë, ju lutem shënujungi këtë informacion dhe adresën tuaj dhe dërgojeni në adresën e mëposhtme me postim falas.

Kurdî Kurmancî
Ev dokument ilâa xizmetên bo nişteculê Haringejên ku pirșên wan ên aîko ku ninxîvê hene dike. Heke hûn koşîyekê bi zimanê xwe diwxazin, ji kekëma xwe qûškê ûjêret bikin, nav û navîşgana xwe bîni/visin û ji navîşgana jîrîn a posta bêper ne boşin. ES

Polski
Dokument ten zawiera szczegóły dot. usług dla mieszkańców Haringey mających problemy z alkoholem lub narkotykami. Aby otrzymać jego kopię w swoim języku należy zaznaczyć odpowiednie miejsce i wpisać swoje dane oraz adres i odesłać formularz na bezpłatny adres znajdujący się poniżej.

Soomaali
Qoraalkan waxuu liisgaraynayaa adeegyo dadka degan deegada Haringey kuwaasoo dhigaato ka haayato khar miid ka mid ah inaad talaal xigaya kale. Haadaal rabto in qoraalka lagu jarjamo luuqadaada, sax mara standalone, soo buuxi foorma kuna soo dir diwaanka hoose ee boosto u dirstu bilaash tahay.

Français
Ce document donne la liste des services destinés aux habitants de Haringey qui ont des problèmes concernant l'alcool ou la drogue. Pour en obtenir un exemplaire dans votre langue, cochez la case, écrivez votre nom et adresse et renvoyez à l'adresse ci-dessous (timbre inutile).

Türkçe
Bu belgede, alkol ve uyuşturucu sorunları olan Haringey sakinleri için hizmetler yer almaktadır. Belgenin konusu dilinize isterse zaten iki tür çeviri bulunmaktadır. İstek ettiğiniz çeviriye, adresinizi yazarak ve ücretsiz olarak eşliğindeki ‘freepost’ adresine gönderin.

In large print
In another language, please state:

Name:              Tel:
Address:          Email:

Please return to: Freepost RLXS-XZGT-UGRJ, Haringey Council, Translation and Interpretation Services, 8th Floor, River Park House, 225 High Road, London N22 8HQ

Haringey Council offers this translating and interpreting service to Haringey residents. We can translate this document into one language per resident ONLY.

This is printed on recycled paper. If you don't want to keep it, help the environment by giving it to a friend or put it in your recycle bin.

Services for Haringey residents with drug or alcohol issues published by Haringey Council's Communications and Consultation Service 473.3.10/10.