

## **Alcohol & substance misuse helpsheet**

If you are worried that you could be misusing alcohol or drugs, the first thing to do is talk to your GP. A doctor will be able to carry out an assessment and offer you treatment or refer you to one of the specialist services.

### **If you are worried about someone else**

If you are worried about someone else's use of alcohol or drugs then you should encourage them to visit their GP to discuss the issue or contact one of the national helplines like Drinkline, Drink Aware or Alcohol Change UK.

Whether it is alcohol, prescription medication, performance enhancing or illegal drugs, misusing these substances will eventually affect work, family life, friendships, health and finances.

## **Local support**

### **Treatment services**

If your life is being affected, you can get additional help that's easy to access. You can speak to your GP and ask them to refer you. You can book an appointment yourself by calling the New Vision Bradford service on 01274 296023. [New Vision Bradford also has a secure online form where you can refer yourself or someone else.](#)

### **Young people**

There is a bespoke treatment service, ONE80, for those young people who are experiencing issues with alcohol or drug use. To contact the One80 service ask your GP or other professional (teacher, youth worker etc.) to make a referral or call them direct on 01274 745636. [One80 - Young Persons Drug and Alcohol Service - The Bridge Project.](#)

### **Living Well**

You can find other support options by visiting [mylivingwell.co.uk/drugs--alcohol](https://mylivingwell.co.uk/drugs--alcohol).

### **Alcohol – know your limits**

An online training course available to all foster carers via The Training Hub's Big Initiative. It will introduce you to the physical and psychological effects of alcohol, help you understand the importance of moderation, and learn practical strategies for managing alcohol consumption. This course also addresses the social and cultural aspects of drinking, providing insights into making informed decisions about alcohol use. By the end, you should feel better prepared to navigate the challenges associated with alcohol over the festive season – ensuring your safety and well-being, as well as that of those around you.

## **Additional support**

### **NHS Helpline**

Call 111 if the issue is not an immediate emergency and the local services including your GP are unavailable.

If you need urgent help for example someone has taken an overdose, then ring 999.

### **Narcotics Anonymous**

Support for anyone with an addiction to drugs. Helpline open 10am to midnight every day. Call 0300 999 1212.

### **Cocaine Anonymous**

Support for anyone struggling with a cocaine problem. Helpline open 10am to 10pm every day. Call 0800 612 0225.

### **Alcoholics Anonymous**

Support for anyone with an addiction to alcohol. Helpline open 10am to 10pm every day. Call 0800 917 7650.

### **Drugfam**

Support for families, friends and partners affected by someone else's addiction to drugs or alcohol. Open 9am to 9pm, every day. Call 0300 888 3853.

### **OK Rehab**

Specialises in local drug and alcohol rehab and addiction treatment. Call 0800 326 5559 or visit [OK Rehab](#).

## **Websites**

- [FRANK](#)
- [ADFAM](#)
- [Drink Aware](#)
- [Alcohol Change UK](#)
- [NHS Choices](#)
- [One You - drinking](#)