

DO YOU HAVE DRUG OR ALCOHOL WORRIES?

There are many organisations in Wakefield and nationally that can support you and your family when you need help, advice, or support with drugs and alcohol.



WHERE TO GO FOR DRUG AND ALCOHOL SUPPORT IN THE WAKEFIELD DISTRICT?

INSPIRING FUTURES

The drug and alcohol service supports young people and adults under 25. The service offers non-judgmental, support and advice for those who feel they need help with their drug and/or alcohol use.

www.turning-point.co.uk/services/inspiring-futures.html



INSPIRING FAMILIES

A specialist support service for families, young people and carers who are directly affected by a person's substance use. This can be individual support, part of the 5 Step Programme or the 'Steps to Cope' programme for 11-18 year olds.

www.turning-point.co.uk/services/inspiring-futures.html

INSPIRING RECOVERY

Tailored support for adults aged 25 and over with their wellbeing and recovery from drug and alcohol difficulties - including mindfulness and help with physical and mental health. May also may provide clinical interventions.

www.turning-point.co.uk/services/wakefield-inspiring-recovery

SCHOOL NURSING SERVICE

Supports young people through HYP Clinics in Wakefield schools and online through the Children's Health Services app.

hdftchildrenshealthservice.co.uk

WF-I-CAN

Online advice service for children and young people including useful information and advice about drugs and alcohol and where to go for help and support. wf-i-can.co.uk

WHO TO CONTACT FOR INFORMATION, ADVICE AND SUPPORT:

NHS Live Well - Healthy living, exercise, quitting smoking and drinking less alcohol. www.nhs.uk/live-well

Healthier Families NHS - Tips and activities to help the whole family stay healthy. www.nhs.uk/healthier-families

Alcohol Change - Support if you're worried about yours or someone else alcohol use. alcoholchange.org.uk

Frank - For advice, support, and information about drugs. www.talktofrank.com

Alcoholics Anonymous - Self-help groups that meet across the Wakefield District. www.alcoholics-anonymous.org.uk

Nacoa - For information, advice and support for anyone affected by a parent's drinking. nacoa.org.uk

