**A menu of supports for alcohol and drug service users**

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| **Name** | **Who is it for** | **Brief description** | **Where to get it** |
| **Dealing with Worry in Difficult Times:**  | Everyone in these worrying times  | A phone friendly booklet to reduce worry, look after well-being and a guide to resources  | To be added to the South Eastern Trust’s website under the healthy living tab in the building resilience section |

**Harm reduction**

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| **Name**  | **Who is it for**  | **Brief description** | **Where to get it** |
| **Advice for heavy drinkers on cutting back or stopping drinking alcohol** | Dependent drinkers who are at risk of withdrawal  | Practical advice to reduce risks when cutting down and stopping drinking  | From the Community Addiction Team members  |

**Alcohol and drug self-help and recovery tools**

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| **Name**  | **Who is it for**  | **Brief description**  | **Where to get it** |
| **Regional contacts for all alcohol and drug services**  |  Everyone who asks  | All funded alcohol and drug services across the 5 Health Trusts  | <https://drugsandalcoholni.info/>  |
| **Alcoholics Anonymous**  |  |  | Phone: 028 9035 1222 Website: [Alcoholics Anonymous](https://www.alcoholicsanonymous.ie/) |
| **Narcotics Anonymous**  |  |  | <https://www.na-northernireland.org/support/>  |
| **Alcohol and You Self Help and website**  | Anyone who wants to look at the use of alcohol and make decisions what they want to do  | An online website with a range of resources including a self-help section people can complete online | <https://www.alcoholandyouni.com/>  |
| **Alcohol and You Workbook**  | Anyone who wants to look at the use of alcohol and make decisions what they want to do | A self-help workbook to help make decisions about drinking | <https://www.alcoholandyouni.com/wp-content/uploads/2013/08/alcohol-and-you-2017.pdf>  |
| **Breaking Free**  | For anyone to support change and recovery  | On line support for recovery  | To create an account visit [www.breakingfreeonline.com](https://eur03.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.breakingfreeonline.com%2F&data=02%7C01%7C%7C62278367ed844af387c908d7da13b68e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637217650686678952&sdata=nOg7YCWAUj46ORv7fslUAtfiUHqqjAtJMKlkg1sv8sE%3D&reserved=0) Click SIGN UP Use the access code: belfast2020 to complete the required fields. |
| **Cannabis and You - self help**  | Anyone who is concerned about their cannabis use | A website with self-help for cannabis use  | [**www.cannibisandyou.ie**](http://www.cannibisandyou.ie) |
| **Cannabis and You Workbook**  | Anyone who is concerned about their cannabis use | A self-help workbook that you can work at your own pace to make decisions about what you want to do with your cannabis use  | [**https://drugsandalcoholni.info/self-help-resources/**](https://drugsandalcoholni.info/self-help-resources/) |
| **Tools for Change**  | Anyone who wants to look at the use of alcohol and make decisions what they want to do | A simpler self-help workbook to help explore change with alcohol use  | [**http://www.setrust.hscni.net/pdf/Tools\_for\_Change.pdf**](http://www.setrust.hscni.net/pdf/Tools_for_Change.pdf) |
| **Know Your Units App** |  Anyone drinking alcohol  | The app will help you monitor how much you drink and if your drinking is putting you at risk. | <https://play.google.com/store/apps/details?id=com.knowyourunits&hl=en_US>  |

**Brief Advice Tools – tools to promote change**

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| **Name**  | **Who is it for**  | **Brief description**  | **Where can I get it**  |
| **Alcohol and Mental Health Brief Advice tool**  | To help someone explore the impact of their drinking on their mental health  | A leaflet to help anyone explore the impact of their drinking on their mental health  | [**https://drugsandalcoholni.info/self-help-resources/**](https://drugsandalcoholni.info/self-help-resources/) |
| **Alcohol and Parenting Brief Advice tool**  | To help explore the impact of parent’s drinking on their children | A leaflet to help anyone explore the impact of their drinking on their children  | [**https://drugsandalcoholni.info/self-help-resources/**](https://drugsandalcoholni.info/self-help-resources/) |

**Family members affected by someone’s alcohol or drug use**

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| **Name**  | **Who is it for** | **Brief description**  | **Where to get it** |
|  **Taking the Lid Off**  | **For family members affected by someone’s alcohol or drug use**  | **A guide for family members on addiction affects and ideas of support**  | [**http://www.setrust.hscni.net/pdf/Taking\_the\_lid\_off\_book.pdf**](http://www.setrust.hscni.net/pdf/Taking_the_lid_off_book.pdf) |
|  **Al-anon**  |  |  | Helpline 02890 68 2368<https://www.al-anonuk.org.uk/contact/>  |
| **Steps to Cope**  | **For young people affected by parent’s drinking, drug taking or mental health issues**  | **A website with information and self help for young people 11 – 18**  | [**https://stepstocope.co.uk/**](https://stepstocope.co.uk/) |

**Mental health, Well- being and Resilience**

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| **Name**  | **Brief description**  | **Where to get it**  |
| **Keeping Safe,Keeping Well** **Skills to Support Wellbeing** **And Recovery**  | 16 worksheets that promote recovery, resilience and wellbeing.  | To be added to the South Eastern Trust’s website under the healthy living tab in the building resilience section |
| **Bend Don’t Break**  | A low intensity resilience building booklet that service users have found helpful both when guided through the tool or as self-help.  | <http://www.setrust.hscni.net/pdf/Bend%20Dont%20Break%20%202019booklet.pdf>  |
| **Positive Emotions to deal with Stress**  | This handout makes use of the Broaden, Build Theory which has an evidence base in dealing with stress. | <http://fsn.ie/uploads/research_files/Ed_Sipler_Workshop_Handout.pdf>  |
| **Bouncing Back – Building Resilience in Young People**  | Suggestions for parents on building residence in our children  | <http://www.setrust.hscni.net/pdf/Bouncing_back.pdf>  |
| **Stress Trauma and the Brain and Ideas for healing**  | A description of how stress and trauma impact the brain and a second hand out with ideas for healing  | Stress and Trauma and the Brain <https://stepstocope.co.uk/wp-content/uploads/2019/09/stress-trauma-fs03-nov-final.pdf> Ideas for healing <https://www.safeguardingni.org/sites/default/files/sites/default/files/imce/fs3.pdf>  |
| **Self -help booklet for mental health problems.** | A series of 22 self-help booklets on mental health issues ranging from stress, panic, anger, sleeping  | [www.setrust.hscni.net/healthyliving/2416.htms](http://www.setrust.hscni.net/healthyliving/2416.htms) |
| **Mind Your Head**  | Support services and downloadable resources including leaflets and fact sheets | <https://www.mindingyourhead.info>. |

**Crisis and other needs**

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| **Name**  | **Brief description**  | **Where to get it**  |
| **Lifleline**  | Crisis response helpline - 24 hours a day, 7 days a week support for those in distress or despair | **0808 808 8000**[**www.lifelinehelpline.info**](http://www.lifelinehelpline.info) |
| **Staying Calm Calendar**  | Practical Ideas for well being  | <https://www.actionforhappiness.org/coping-calendar>  |

**Stress Control Resources** are being widely available and can be accessed <https://stresscontrol.org/>

**Wellness Recovery Network:** To access the theses go to their Facebook Page: [Wellness Recovery Network](https://www.facebook.com/MentalHealthRecoveryNetwork6476/) or Email Angela O’Hara (Recovery Network Coordinator) angela.ohara@setrust.hscni.net

**Recovery College:** Online courses focused on Mental Health & Recovery ‘Meditation Monday’ & ‘Self-Care Friday’ weekly videos. To access these go to the Facebook page: [South Eastern Recovery College](https://www.facebook.com/setrecoverycollege/?ref=bookmarks)

**Living with worry and anxiety amidst global uncertainty** <https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/>

**For domestic abuse**: In an emergency call 999. The Silent Solution system enables a 999 mobile caller who is too scared to make a noise, or speak, to press 55 when prompted to inform police they are in an emergency. For more information about the Silent Solution System and what happens when calling from a landline click on the following link <https://tinyurl.com/yyyo5pg9> Domestic & Sexual Violence Helpline Telephone: 0808 802 1414 – 24/7 Confidential & Free