

In addition there are other organisations locally and nationally which you may also find helpful:

**OUTLOOK: 01422 510000**

Activities and support for people with alcohol problems

**NOAH'S ARK: 01422 300457**

Counselling, group work and activities for people with alcohol problems

**ALCOHOLICS ANONYMOUS**

**24hr helpline: 0113 245 4567**

Self-help support groups and recovery programme

**AL ANON: 020 7403 0888**

A national self-help organisation supporting relatives and friends of people with alcohol problems. 10am to 10pm daily

**SAMARITANS: 01422 349349**

24hr telephone support for people in crisis

**DRINKLINE: 0800 917 8282**

Freephone advice and support for people with alcohol problems

**NHS DIRECT: 0845 46 47**

24hr medical advice

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**CALDERDALE SUBSTANCE  
MISUSE SERVICE**

**56 Hopwood Lane  
HALIFAX  
West Yorkshire  
HX1 5ER**

**Tele: 01422 397300**

**THE ALCOHOL  
SERVICE AT  
CALDERDALE S.M.S**

**How can I get support to  
make changes around my  
alcohol use?**

To get the ball rolling you need to come to one of our drop-ins to have an assessment at:

**10 Harrison Road, Halifax,  
West Yorkshire, HX1 2AF**  
**Tele: 01422 361111**  
**Freephone: 0800 0283901**

**Triage Drop In Times - Harrison House**

Monday	01.00 to 04.30
Tuesday	10.30 to 04.30
Wednesday	09.30 to 04.30
Thursday	11.00 to 04.30 5–7pm
Friday	09.30 to 04.30
Saturday	10:00 to 01:00

**The Acorn Centre, Burnley Road  
Todmorden**

Tuesday 1—4pm

**Closed for lunch 12:30 - 1:00pm**

## What happens next?

We will send you an appointment for a one-to-one meeting with one of our alcohol workers. This will last about an hour. The purpose of this meeting is for you and the worker to explore together what your goals are and to look at how we can help you to achieve them.

The sort of goals we will discuss are whether you want to reduce your drinking to less risky levels or whether you want to work towards stopping drinking completely.

Whatever your long-term goals are it may be necessary to offer you medical help to stop drinking safely. This is called a detox

## What is a detox?

At SMS we broadly offer two different forms of medical detox:

1. A community detox in your own home
2. A detox at a specialist alcohol unit. This is for people who do not have appropriate support from friends or family or who may have other complications which would make it unsafe to detox at home

## Will I get a detox immediately?

In most cases the answer to this is no, as this is unlikely to be the most helpful treatment we can offer you initially. It has probably taken a long period of drinking before you took the decision to come to see us. It is therefore important to plan and prepare properly before making such a major change.

For example, you will probably need to plan changes in the ways you relax and deal with stress, in how you fill your time, deal with difficulties in relationships and to consider in general how your lifestyle may need to change to help you tackle your alcohol use. This may include using self-help groups, which can support you to make and maintain these changes and give you the chance to meet other people who are also tackling their alcohol use.

Whether you decide to stop drinking altogether or to reduce the amount you consume, these changes will probably take time and are more of a process than a single event.

## How can we help you make changes?

What we can offer you at SMS are a number of ways to explore what these changes will mean to you and how you can best prepare yourself to succeed.

These are:

One to one support  
Individual counselling

One of the purposes of our first meeting will be to decide between us what the most appropriate way forward is for you, which may include any combination of the above options.