

AND
LET
US
HELP
YOU

CONTACT DETAILS

Carlow

Substance Misuse Service
ARDU
Kickham Street
Co. Kilkenny
Tel: 056 778 4638
LoCall: 1890 464 600

Kilkenny

Substance Misuse Service
ARDU
Kickham Street
Co. Kilkenny
Tel: 056 778 4638

South Tipperary

Substance Misuse Service
Ground of South Tipperary General Hospital
Western Road
Clonmel
Co. Tipperary
Tel: 052 617 7900

Waterford

Substance Misuse Service
St Otteran's Hospital
Johns Hill, Waterford
Tel: 051 848 658

Wexford

Substance Misuse Service
St John's Hospital
Enniscorthy
Co. Wexford
Tel: 053 925 9825

TAKE
THE
FIRST
STEP

A south east regional service
for anyone affected by
problematic drugs
or alcohol abuse



WHO ARE WE?

The Substance Misuse Services provide free drug and alcohol services across the South East Region.

Our recovery team includes, GP's, Nurses, Counsellors, Drug Education Officers, Outreach Workers, Community Pharmacies and work in partnership with other statutory and voluntary agencies and organisations.

WHAT DO WE DO?

The Substance Misuse Services works with adults and young people who want help to deal with a drug or alcohol problem and who want to build a healthier, happier life for themselves. We also support friends, families and carers.

WHAT DO WE OFFER?

Wellbeing

We provide healthcare advice. We also offer screening and vaccinations for blood borne viruses such as Hepatitis C, HIV and vaccinations for Hep A & Hep B as part of our harm reduction programme.

Advice and Guidance

We provide free and confidential advice and support to help you on your road to recovery

Talking Therapies

We help build and maintain your motivation, understand your drug and alcohol use, and support you to make long term changes for a healthier and happier life

Support

We provide therapeutic and educational one to one and group support for people at all stages of recovery

Medically Assisted Recovery

We provide medical detoxification and alternative medication if you are physically dependant on drugs or alcohol

Needle Exchange

We provide clean equipment and safe disposal. Advice and information on safe injecting, harm reduction education and over dose prevention.

HELP & SUPPORT

To help maintain recovery we offer ongoing support including:

- › **Key Working**
- › **Counselling**
- › **Outreach Support**
- › **Rehabilitation Support**
- › **Connections to Community Groups**
- › **Family & Carer Groups to Support Your Loved Ones**
- › **Links with Local Training, Education & Employment Initiatives**

FAMILIES, FRIENDS AND CARERS

We understand that it can be very difficult to deal with the behaviour of someone close to you who misuses drugs or alcohol. You will face many challenging situations and may need advice about what to do to help your loved one. We can provide one to one and group support where you can share your experience with others who know what you are going through.

ACCESSING OUR SERVICE

The Substance Misuse Service is available to all young people and adults. If you would like to speak to somebody about you or a family members alcohol or substance use, you can contact the service directly by phone. You can refer yourself directly to the service or you can be referred by your GP or another agency. Parental or guardian consent maybe required for under 18 years old.