

## Treatment works

It doesn't always work first time. But if you want to sort out your drugs problem, there are people who can help you.

## Build a new life without drugs

When you're on drugs, you spend most of your time taking drugs or trying to get hold of them. When you stop or take less drugs, you need to find positive things to do with your time.

### Make a new start

If you've had a problem with drugs for a while it can also be difficult to get a job. It can also be hard to sort out your drugs problem if everyone you know takes them. People who have treatment for drugs can get help to find a new job and a new place to live.

**Treatment means getting help to change your life for the better.**

## What to do next

- For FREE confidential drugs info and advice, call **FRANK 0800 77 66 00**.
- Look under 'Drugs' in your phonebook.
- Visit your doctor.

## Don't believe everything you hear...

People start taking drugs for lots of different reasons. Often, they make you feel good, at least for a while. But that can change – and sometimes it's hard to know when drugs have turned into a problem.

### Not all treatment is the same

- There are lots of different types of treatment.
- Just because someone you know attended a day programme or went to a residential rehab service does not mean it will be right for you.
- It is important to get advice and find the right treatment for you.

### It's not all cold turkey

- Some types of treatment use medication to sort out your drugs problem; some don't.
- All treatment involves either helping you to stop taking drugs or alcohol, helping you to take less, or helping to bring your drugs or alcohol problem under control.
- Treatment also helps you tackle the other problems that drugs can cause.

### It's never too soon to get help

- There are people who can help you before your drug use gets out of hand.



Call **FRANK**, for FREE confidential drugs info and advice

**0800 77 66 00**

[www.treatmentworks.co.uk](http://www.treatmentworks.co.uk)

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Designed by The Forster Company

EATA is the umbrella organisation for the independent treatment sector.

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Drugs.  
**Treatment works.**



## Treatment: who needs it?

Are drugs affecting your relationships?

Have you ever thought about stealing to pay for drugs?

Are you in debt because of drugs?

Do you need more drugs to get the same effect?

Do all your friends use drugs?

Do you need drugs to get through the day?

## Want to change?

If you are reading this leaflet, it may be because you are already worried about your drug use. If you answered yes to some of these questions, it might be time to think about getting help.

## Want to find out more?

For FREE confidential drugs info and advice, call FRANK 0800 77 66 00. They can tell you all about the treatment options, and what's available in your area.

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## What sort of help can I get?

### Reducing harm

You might not be ready to stop taking drugs. But you might still want help to stay healthier and reduce the harm that drugs do to you. Some people need treatment to stop their drug use getting any worse.

### Needle exchange

If you are injecting drugs then it is important to use clean injecting equipment every time you inject. You can get free needles as well as other help and support from needle exchanges. They are based in some drug services and chemists.

### Talking treatment

Talking to a trained counsellor can sometimes help you work out why you have a drug problem and help you to sort it out. It may also help you to sort out other things that can stop you getting better, like housing or money problems.

### Medication

If you take heroin, a doctor may prescribe you a drug like methadone to replace it. Substitute drugs, like methadone, can help you stop taking drugs altogether. They can help reduce the amount you take. Or they can just help to stop your drug use getting any worse.

### Complementary therapies

Sometimes, treatments like acupuncture and shiatsu massage can help you feel better when you are coming off drugs or reducing the amount you take. Especially for drugs like crack. They can also reduce your craving.

### Inpatient treatment

It might be difficult for you to stop taking drugs while you are living at home. Some people go into hospital or a clinic to stop taking drugs in supportive surroundings.

### Detox

This is when you stop taking drugs altogether. People often get detox treatment in hospital, but you can also get detox at home if that is right for you.

### Residential rehab

You may need to live somewhere away from drugs. If you go into residential rehab you will work in a group with other drug users and have counselling. This will help to give you the skills to help you keep off drugs when you get back home or you may be able to access resettlement accommodation. A rehab programme usually lasts between two and six months.

### After treatment

You might need support after your treatment is finished. This is often called aftercare and it means that someone will carry on helping you to keep off drugs, and to deal with any other problems that may come up.

### Self-help groups

You can join a group like Narcotics Anonymous, where lots of people who have a problem with drugs get together to help each other.

## Who can help me?

### Street drug agencies

- Most areas have 'street agencies'. They are also sometimes called 'open access' projects or community drug services.
- They give help, including advice on how to reduce the harm drugs do to you and information about getting the treatment you need.
- They might also offer counselling, needle exchanges and access to detox.
- You don't normally need an appointment to be seen for advice.

### GPs

- Your local doctor offers general medical services.
- They might also work with drug agencies or hospital drug units.
- They can give you information and advice about local treatment and may offer you substitute medication, if that is what you need.

### Drug dependency units

- These are usually in or next to a hospital.
- They offer counselling, substitute medication, detox and other treatments.
- You'll probably need to make an appointment and there may be a waiting list, but don't let this put you off.

### Residential rehab services

- This is normally for heavily dependent drug users.
- You will normally need to get funding to get residential rehab.
- Street agencies, GPs or the workers you see at a drug dependency unit will advise you about residential rehab and who you need to speak to about funding.

### Private clinics

- Residential rehab and detox are also available on a private basis.
- You might be able to get treatment from a private clinic if you have private health insurance or if you can afford to pay.

### Self-help

- Narcotics Anonymous (020 7251 4007) helps set up local support groups for people who have a problem with drugs.