

If you want help with a drug problem...

- Call the City Council's Social Care Contact Centre on 0161 255 8250. The Drug Assessment and Care Management Team can arrange support for anyone aged 18 or over with drug problems.
- Under 19s: phone Eclipse on 0161 273 6686

Drugs workers can help you work out which services are going to help you **come off** and **stay off** drugs such as:

- heroin
- crack cocaine
- amphetamines

There are specialist services if you:

- have been arrested
- are pregnant
- are under 19
- have alcohol problems
- have mental health problems
- are leaving prison

Drugs workers can help you get the services you need:

- advice
- general medical care including virus testing and vaccinations
- needle exchanges
- detoxification and withdrawal
- stabilisation
- rehabilitation
- support to help you stay off
- help with housing, training and jobs

If you are off drugs and want help to stay off...

- Call ADS Addiction Dependency Solutions on 0161 272 8844 – a new service helping people move on after they have come off drugs, with issues like training and housing

If you would like to talk to others who have recovered from drug problems...

- Narcotics Anonymous is a not-for-profit group who support people through regular meetings. www.ukna.org or call 0845 FREEDOM (0845 3733366)

If you are affected by someone you know using drugs...

- **MCS Social Care Contact**
Centre: 0161 255 8250
Ask for a carer's assessment and from the Drug Assessment and Care Management Team
- **Lifeline for Anyone Who Cares: 0800 707 6646**
- **Manchester Carers' Centre: 0161 835 2995**
Can offer support - or just talk in confidence
- **PADA: 0845 7023867**
A 24 hour helpline for families affected by substance misuse

Patient Advice & Liaison Services (PALS) can help you get a better service from the NHS

- For Manchester Primary Care Trust
PALS call: 0161 219 9451
- For Manchester Drug Service PALS
call: 0161 773 9121
- For Manchester Mental Health & Social Care Trust PALS
call: 0161 918 4047

Manchester Alcohol and Drugs Carers Focus Group:
0161 839 0421

Contact via the Gaddum Centre

If you would like confidential information and advice about drugs...

FRANK

0800 77 66 00 talktofrank.com
Friendly, confidential drugs advice

This information is published by Manchester Drug and Alcohol Strategy Team. 0161 219 6922
e-mail: dast@manchester.gov.uk

We also publish a directory of all Manchester drugs services in a range of languages. Please contact us if you would like a copy.

**TACKLING
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CHANGING
LIVES**

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Do you know someone in Manchester who needs help with a drug problem?