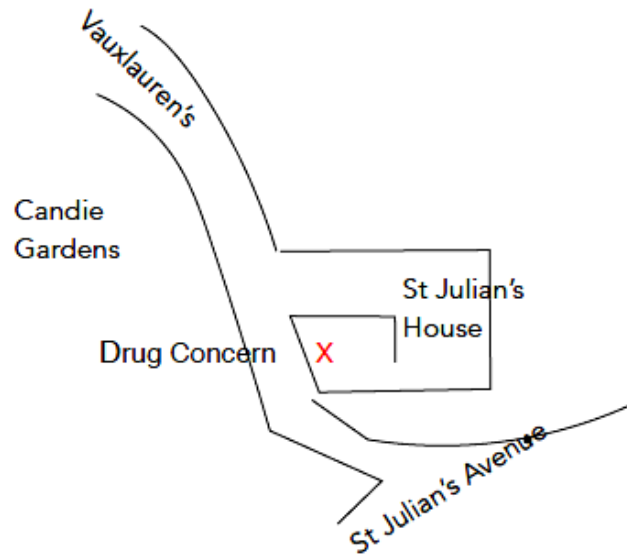


# FIND US

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Drug Concern aims to improve the quality of life for those affected by substance misuse, through advice, support and counselling.

We offer a free and confidential service.

Drug Concern complies with the Guernsey Data Protection Law 2017.

Your appointment will be at the main Drug Concern site in St Peter Port. We share the same site as St Julian's House.

If you have mobility problems we will try to arrange a different venue.

Please note there is no available parking on site.

## DRUG CONCERN

The Anneze, St Julian's House, Vauxlaurens, St Peter Port, Guernsey, GY11GP. Tel: 01481 729000

Email: [info@drugconcern.org](mailto:info@drugconcern.org)

Web: [www.drugconcern.org](http://www.drugconcern.org)

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# DRUG CONCERN

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## WORKING FOR CHANGE

[Service Information Leaflet](#)

## SERVICES

Drug Concern is a charity which provides services for those affected by drug or alcohol use. We will work with people where they are regardless of whether they choose abstinence or general support.

### **Counselling**

Drug Concern provides a counselling service using an integrative model. This service is available for those who wish to better understand themselves and some of the presenting problems which may contribute to substance use. We also provide counselling for affected family members.

### **Individual Recovery & Relapse Prevention programme**

This 8 sessions structured programme is suited for people who want to understand and make changes to their use of substances or maintain their progress in recovery. The programme uses techniques based on Motivational Interviewing and Cognitive Behavioural Therapy.

### **SMART groups**

We run two weekly drop-in support groups for people who are seeking help with their use of substances. The aim is to learn skills to increase motivation to change, cope with urges, manage thoughts, feelings and behaviours, make lifestyle changes and support each other in recovery.

### **REACH peer support group**

REACH is a peer support programme for the families and significant others of drug or alcohol users (non-users) with the focus of understanding the impact of addiction on the wider family, identifying roles that may operate in the family whilst highlighting the importance of self-care, empathy, active listening and responsibilities. The programme has a basis in a family systems approach.

### **Needle Exchange**

We operate a needle exchange service for injecting drug users and provide safe injecting advice and access to other services that may be of help to injecting drug users.

### **Needle Exchange opening times**

Monday	3:30—6pm
Tuesday	9am—12 noon
Wednesday	5pm—7pm
Friday	9am—10am

### **Telephone support line**

The telephone support line is generally between the hours of 9am—4pm Monday to Friday. If workers are with clients an answer machine will be available for you to leave your contact details and a worker will respond as soon as they are available.

### **How to arrange an appointment?**

To arrange an appointment with a substance practitioner or a counsellor please call the office. Appointments last 45 minutes to an hour and are available during the day and early evening.

Prior to offering you a service you will have an initial assessment to determine what kind of service we can provide for you. Assessment focuses on current and historical use, day-to-day routine and relationships, health, and the reasons you are seeking help at this time.

## PROFESSIONAL COMPETENCE

Drug Concern is a member of the Federation of Drug and Alcohol Practitioners (FDAP) the professional body for the substance use field.

Drug Concern staff comply with the FDAP professional standards and work to the FDAP code of practice.

Drug Concern counsellors are registered members of the BACP — British Association for Counselling and Psychotherapy .

Staff are committed to ongoing professional development as evidence of maintaining professional standards and competence to practice.

For more information visit:

[www.fdap.org.uk](http://www.fdap.org.uk)

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