

Taking the first step

You can contact us to book a confidential assessment to discuss your needs and concerns around your health, wellbeing and drug use. With your permission, information from assessment will be used to create a personal plan to meet your individual goals.

After assessment we offer up to three sessions around areas such as:

- Harm reduction advice on drug use
- Health and wellbeing self help
- Change motivation
- Progress review
- Signposting and further help if required

If you need additional support or extra sessions we will carry out a detailed assessment and develop your plan with you.

We are committed to protecting the privacy and security of personal and confidential data/information.

“*offering a friendly, respectful, non-judgemental and personal approach*”

Get in touch

You can **self-refer** or ask a professional supporting you to make a referral to:

TEL: 0300 222 5932

CONFIDENTIAL EMAIL: rxx.iaccess@nhs.net
ONLINE: www.surreydrugandalcohol.com
POST: Laurel House, Farnham Road Hospital, Guildford GU2 7LX

What happens after the referral?

- We offer you an initial assessment by phone, online or face to face.
- The face-to-face assessment can be at one of our three main sites; Guildford, Chertsey or Redhill but can also be held at some of our other venues. For more information, please ask when we contact you.

Using Cocaine, Cannabis, Steroids or other drugs?

What help can you get?

COCAINE SPICE Ketamine
Cannabis Xanax BENZOS Ecstasy Pills
MDMA
LSD Crack WEED

Image and Performance Enhancing Drugs'



@iaccess_Surrey

@CATALYSTethos



@Catalyst_support

V12-May 2021

i-access
Drug & Alcohol Services

NHS
Surrey and Borders
Partnership
NHS Foundation Trust

in partnership with

catalyst
HELPING PEOPLE CHANGE



We provide advice and support to reduce harm

Taking drugs carries risk and can potentially be harmful, if you choose to take them. Please bear in mind the following points for safer use:

HARM SAVES
REDUCTION LIVES

How we help:

We include three sessions of support which could include one or more of the following:

- One-to-one and/or group support based around your goals
- Exploring options to change drug use
- Identifying high-risk situations and solutions
- Developing skills to manage situations and emotions
- Dealing with triggers for craving
- Managing stress
- Relapse prevention and coping methods
- Attaining a life-style balance
- Alternatives to drug use
- Providing information on other services and groups to support you
- Providing you with information or referral to other services with your permission e.g. counselling, Wellbeing Activities, Mental Health Services

- **Start low (dosage), go slow.** Many substances aren't pure, they vary in strength and could affect how long it takes for the effects to kick in
- Risk increases with frequency, **try cutting down** the amount of times you use
- Try and **buy from a trusted source**
- **Don't drive or operate vehicles** while under the influence
- Choose a **safe environment** to use in, to prevent harm to yourself and others
- **Educate yourself** about your rights, health risks, laws and consequences of using
- **Stay hydrated**

- **Don't use alone**
- **Avoid** using drugs to deal with emotions
- **Do not mix** drugs with other substances, this will increase the risk
- Ensure you allow yourself time to recover afterwards, with plenty of rest, sleep, fluids and **nutrients i.e vitamins, food, water**

We do not promote the use of illegal psychoactive substances. This content is strictly for harm reduction purposes.

A close-up photograph of a person's eyes, looking directly at the camera with a slight smile.

“ We believe change is achievable ”