

GAA CLUB MANUAL FOR DEALING WITH DRUG AND ALCOHOL RELATED ISSUES

4th Edition



SORT IT OUT...
ASAP
Alcohol & Substance Abuse Prevention

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HE Feilmeasúnacht na Seirbhíse Sláinte
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GAA CLUB MANUAL
FOR DEALING WITH DRUG AND
ALCOHOL RELATED ISSUES



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www.drugsalcohol.info Health Promotion Agency for Northern Ireland

www.drugs.gov.uk Home Office for England and Wales

Straight Talk: A Guide for Parents on Teenage Drinking.

North West Alcohol Forum, Health Promotion Unit 2006

Facts About Drug Misuse in Ireland. Dr Desmond Corrigan,

Health Promotion Unit 2003

www.knowyourlimits.info Health Promotion Agency for Northern Ireland

Alcohol Use Disorder Identification Test. World Health Organisation, Geneva.

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Photocopiable report form for recording alcohol and drug related incidents.

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Sample Club Drug and Alcohol Policy.



Teachtaireacht an Uachtaráin

Is cúis mhór áthais dom na focail seo a leanas a scríobh ar fhoilsiú an leabhair thábhachtaigh seo.

While our focus as an association more normally falls on the games we promote and the cultural aspects of our charter, the existence and need for an Alcohol & Substance Abuse Prevention (ASAP) Programme underlines our influence and responsibility in spheres far beyond our traditional boundaries.

Different pressures exist today, especially in more recent times, that impact directly on the lifestyles we lead.

With this in mind the ongoing work of Brendan Murphy in the area of Alcohol and Substance Abuse Prevention and publications such as this are hugely significant, offering as it does a template for our club members and officers who can have a direct influence on the lives of our members and those in the wider community.

I commend everyone working in this area and urge all of our members to grasp the importance of promoting a lifestyle that complements the sporting ideals that go hand in hand with the promotion of our games.

Through initiatives like this we can play a part, not just in our ranks but around the country in general, in helping to shape the lifestyle choices we make and I wish those working on the ground every success in their endeavors.

Rath Dé ar an obair,

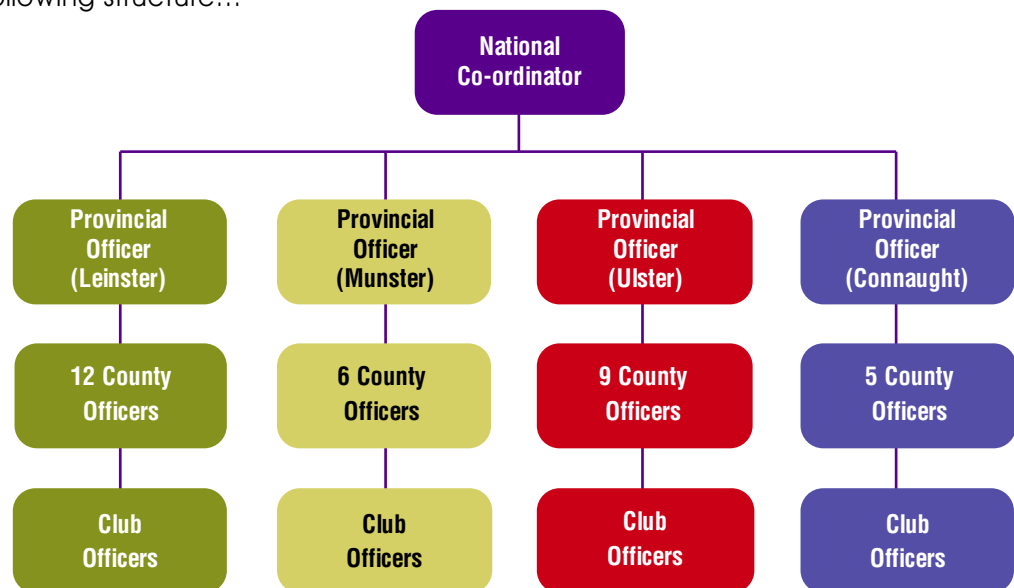
Cristóir Ó Cuana –
Uachtarán Chumann Lúthchleas Gael.

FOREWORD

Since the release of the 3rd edition of the GAA Club Manual for Dealing with Drug and Alcohol Related Issues, the ASAP Programme has become embedded in the daily life of clubs all across the country. With our range of resources including information leaflets, pitchside signage, posters, DVD, website on www.gaa.ie/asap and now this new edition of our Manual, clubs are finding that they have significant guidance when it comes to the area of responding to issues relating to alcohol and other drugs.

I remain very grateful for the support for the ASAP Programme that has come from drug, alcohol and youth agencies who support clubs in their work to prevent, educate and respond to drug and alcohol issues across the 32 counties. Our aim to reduce the harm that is caused by alcohol and drugs, has been furthered by our working relationships with the dedicated and hardworking staff from these agencies, who have generously aided clubs in the development and implementation of numerous initiatives.

Alongside the constant encouragement from Croke Park, Provincial Councils and County Committees, the support of the Health Service Executive has been invaluable and without this our current position would be untenable. Over 1400 ASAP Club Officers have already been appointed to the Programme through the following structure...



I extend a heartfelt 'Thank you' to these men and women for all their efforts to date. The ASAP Programme would be but a concept if not for the Club Officers willingness to take on the role and put policies and practices into place on a club by club basis for the good of their fellow members. I'd like also to give special thanks to the County and Provincial ASAP Officers who work quietly in the background and whose guidance makes sure that the spirit of the Programme is brought to bear in its implementation. May their unswerving support be recognised and remembered for a long time to come.

Brendan Murphy
National Coordinator
April 2010

SECTION ONE

HOW TO DEVELOP A CLUB DRUG AND ALCOHOL POLICY

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SORT IT OUT...
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Alcohol & Substance Abuse Prevention

Introduction

In order to respond effectively to drug and alcohol related problems **every club** must develop a Club Drug and Alcohol Policy that is appropriate to the local area. A sample policy has been added to the appendix to aid clubs in this regard.

This can be carried out by clubs individually or by clustering clubs together in an area, division or county. To successfully complete this undertaking it is essential that every club appoint a Club ASAP Officer who will work under the guidance of the ASAP Programme County Officer.

All clubs should begin the process of forming their own policy.

This can be done on a club by club basis but is more likely to be successful if done in conjunction with other clubs in their area.

Developing a drug policy is not just about writing down a few guidelines and filing it away somewhere. It is a process that informs and educates the people involved in creating the policy. This in turn leads to a fuller understanding of all the issues that need to be considered when responding to a drug or alcohol related incident. By following the guidelines below, members from every level of the club will get the opportunity to have an input into the development of the policy.

Role of ASAP Club Officer

Every club needs to select a person to be their ASAP Club Officer to help implement the ASAP Programme in their club.

The role of the ASAP Club Officer is to be the link between their club and the ASAP County Officer.

Ideally the Club ASAP Officer will be someone who is interested in furthering the aim of the Programme and has a balanced attitude to alcohol and other drugs.

The main duties of the ASAP Club Officer will include...

- To be the contact person for the ASAP Programme in his/her club.
- To liaise with his/her ASAP County Officer on how to roll out the ASAP Programme in his/her club.
- Co-ordinate the development of a Club Drug and Alcohol Policy as laid out in Section One of this manual.
- To familiarise him/herself fully with the...
 - GAA Manual for Dealing with Drug and Alcohol Related Issues
 - ASAP website on www.gaa.ie/asap
 - Club Matters DVD
 - The services offered by local drug and alcohol agencies

As the ASAP Programme is there to assist members of all ages in the club, the Club ASAP Officer will need to be someone who is well regarded by adults and young people alike.

The ASAP Club Officer is **not** expected to be an expert in dealing with drugs related issues or to sort out all the problems on their own but rather to take on a coordinating role for the ASAP Programme with the club.

Three useful points to consider

When forming a Club Drug and Alcohol Policy it is useful to consider the three following areas relating to drugs and alcohol.

1. Prevention of drug and alcohol abuse.

The vast majority of people involved in the GAA do not have a drug and alcohol problem and the ASAP programme is helping to ensure that this remains the case. It is important that all parents, officials, staff and mentors follow the law when it comes to illegal drugs, alcohol and tobacco and display leadership and good example particularly when dealing with underage members.

There are definite actions that can be taken to strengthen this position and prevent drug and alcohol problems in the GAA. By deliberately changing some of our current behaviours as adults we are helping to reduce the use of drugs and alcohol among our young people. We can choose to...

- Not fill the cup with alcohol during celebrations.
- Not smoke or drink alcohol in the presence of juvenile members during matches, training sessions or club outings.
- Not sell cigarettes in the clubhouse.
- Not have medal ceremonies and celebrations for juvenile teams in pubs.
- Not bring young people to pubs on the way home from matches, outings or training sessions.
- Phase out alcohol advertisements on club jerseys.

These are some of the things that we can choose to do to reduce young peoples exposure to alcohol.

2. Education about drugs and alcohol.

Education programmes that increase our knowledge and skills are essential to help us effectively deal with drug and alcohol issues. Education about drugs and alcohol is most effective if provided in the broader context of child protection and club development.

- Education works best in small bite-sized pieces and if it's done over a period of time rather than in one big event.
- The use of an outside visitor/speaker to enhance an education event is helpful.
- Do not use scare tactics to educate as these have been shown to be the least helpful way of encouraging people to change their behaviour.
- Education about drugs and alcohol should not just be aimed at young people as adults need to be abreast of what is happening in the changing trends of drug and alcohol use.
- Visitors are not to be allowed to educate young people in the absence of parents/coaches.

3. Responding to drug and alcohol incidents in the club.

Because of the extent of drug and alcohol use it can be expected that some or possibly all of the following drug/alcohol related incidents will occur over the lifetime of every club in the country.

- Persons being drunk/stoned on club property.
- Disclosure about problematic drug/alcohol use.
- Finding alcohol/drugs or associated paraphernalia.
- Illegal possession or supply of alcohol or drugs.

Because of the secretive nature of drug use and underage alcohol use, club officials may often find themselves dealing with allegations that are based on hearsay and rumour. Were such allegations to become widely known it could have a ruinous effect on the lives of many people. Allegations of this nature should always be treated sensitively and seriously. Club officials must have full regard for due process and allow for other possible explanatory circumstances to be fully investigated.

Every club should form links with professional drug and alcohol services in their county to assist them in the management of alcohol and drug related incidents. A full list of these services and how to access them will be available from the ASAP Programme County Officer, the ASAP Programme National Coordinator and at www.gaa.ie/asap. Many of the contact details of these agencies are in the 'Where to Get Help' section of this manual.

There are many factors that need to be taken into account when Club Executive are faced with making a decision on what action to take on confirmation of a club member being involved in a drug/alcohol related incident. These include;

(i) The type of drug/alcohol incident

- Was it for personal use or supply to friends or dealing on a wider scale?
- What are the risks to the individual(s), the club and the wider community if another incident like this were to happen again?

(ii) The history of the person(s) involved

- Was this a first offence or part of a pattern?
- Has he/she expressed willingness to change or if necessary, get help?
- What effects will actions taken by the club have on the person's wider life?

(iii) Possible responses

The Club Executive can choose to act in any of the following ways in response to a drug/alcohol related incident. It is crucial that the rationale and reasons for any decisions/actions taken are clearly recorded.

- Take no action (i.e. unsubstantiated rumours).
- Inform parents/guardians (almost always advisable if dealing with an U18 unless by doing so would put the young person at more serious risk of harm).
- Inform Gardaí/PSNI (necessary if a serious criminal act has taken place).
- Verbal or written warning to person(s) involved.
- Temporary suspension.
- Permanent expulsion.

The Club ASAP Officer will be a valuable asset for Club Executive in dealing with these issues and he/she can draw on the support of the ASAP Programme County Officer and the other resources of the ASAP Programme.

What is a Club Drug and Alcohol Policy?

A Club Drug and Alcohol Policy sets out in writing the framework the club will use to manage drug and alcohol related issues. The policy applies to the entire club including coaches, parents/guardians, players and all users of the club buildings and grounds. The process of developing a Club Drug and Alcohol Policy is best undertaken in a step-by-step approach as outlined in the seven steps to follow. They are easily followed and most people find the process both interesting and informative. By following these steps every club will educate their members and gain a greater understanding of the issues involved.

STEP 1: Establish a sub-committee to develop the Club Drug & Alcohol Policy

The core committee for developing the Policy should involve the participation of management, coaches, parents/guardians and young people.

- Young people must be members of the sub-committee.
- Club Executive should be members of the sub-committee.
- Keep the committee to a maximum of eight people.

STEP 2: Study relevant resource documents and legislation

In recent years, many resource materials about alcohol and drugs have been developed. The information contained in this manual will also be of use.

- Consult the ASAP website at www.gaa.ie/asap.
- Consult the website www.drugs.ie to find up to date information on drugs and alcohol.
- Read the *Report of the GAA Task Force on Alcohol and Substance Abuse*. It can be downloaded on www.gaa.ie/page/official_reports.
- Contact the local Health Promotion Department for helpful publications about alcohol and drugs (see page 118).
- Contact local Gardai/PSNI, to get more details on the alcohol and drug laws.
- Read the WHAT IS DOPING? leaflet on the Irish Sports Council website at www.irishsportsCouncil.ie/Anti-Doping.

STEP 3: Review the situation in the club regarding drug and alcohol issues

Different clubs may have different needs and issues about drugs and alcohol depending on the type of problems they have encountered in the past and the part of the country they are situated in.

- Spend time discussing the drug/alcohol issues that previously happened in the club.
- Talk about the types of drug/alcohol issues that are likely to occur in the future.
- Centre the policy around these issues to make it relevant to the membership.

STEP 4: Prepare a draft Club Drug and Alcohol Policy (See pages 123 - 125)

A Club Drug and Alcohol Policy is usually only a couple of pages in length and does not need to be particularly complex. To follow is a list of items that it must contain.

Name of the policy

- Title it 'Club Drug and Alcohol Policy for _____ Club'.
- Sign and date it to signify when and by whom it was drafted.

Scope of the Drug and Alcohol Policy

- Emphasise that the policy is in force at all times at GAA facilities and during all activities conducted under the aegis of Cumann Lúthchleas Gael.

Definition of the word "drug"

- A "drug" shall be defined as all mood altering substances, both legal and illegal, and includes substances such as alcohol, tobacco, solvents, prescribed medication and over-the-counter products.

Rationale for having a Club Drug and Alcohol Policy

- All clubs are bound by the commitment of Cumann Lúthchleas Gael and the Irish Sports Council to the philosophy of "Discouraging the use of drugs, alcohol and tobacco on the basis that they are incompatible with a healthy approach to sporting activity".

Roles and Responsibilities

The Club ASAP Officer is responsible for overseeing the development, implementation and evaluation of the Club Drug and Alcohol Policy.

- List the contact details of the Club ASAP Officer in the policy to assist with queries or suggestions.

Timeframe

Make sure that the draft policy clearly states when the completed policy will come into force and when it will be subject to review. Review the policy annually and after any significant drug or alcohol related incident to see if it is operating effectively.

Education about alcohol and drug use

A variety of approaches will be required. Parents and coaches will require education that teaches them how to talk to young people about drugs and alcohol whereas young people will require education that has a healthy lifestyle focus.

- State how often and what types of drug education will be provided in the club.
- Do not use 'fear-based' drug education methods that try to scare people away from using alcohol and drugs as these are the least effective and the least credible among young people.

Outline of Restrictions

The possession, use, supply of illegal drugs or presenting under the influence of alcohol/drugs are viewed as unacceptable by Cumann Lúthchleas Gael and are punishable by warnings, suspensions and expulsions as deemed appropriate.

Reporting of Incidents

Suspected, alleged or confirmed incidents in breach of this policy must be referred to the Chairman of the Club concerned.

- The Chairman will inform the Executive and the Executive will decide on the appropriate response in line with the Club Drug and Alcohol Policy.

Recording of Information

Information regarding suspected, alleged or confirmed incidents in breach of the policy received by the Executive should be minuted in the usual way. The recording of factual information is preferable, and all opinions must be stated as such. It is very important that any information received is treated as confidential. This will help protect the integrity of the club and all persons involved.

- Responses of the Executive to cases will also be recorded in this way.
- Only in confirmed cases will names of individuals be recorded.
- Use the 'Report Form for Recording Alcohol & Drug Related Incidents' (page 122)

Involving Parents/Guardians

- It will be standard practice to inform parents/guardians if their child is involved in a drug/alcohol related incident. Their involvement and support is seen as essential in the resolution of these difficulties. Parents/guardians will be invited to discuss what has happened and will be included in deciding which course of action to be taken.

Search

- When writing the Club Drug and Alcohol Policy use the sentence... 'Cumann Lúthchleas Gael retains the right to search any part of its property if there is reasonable cause to believe a substance in breach of this policy may be contained therein'.
- Two officials/mentors of the unit concerned must be present during any form of search.

Involving Gardaí or PSNI

In suspected or alleged incidents involving the supply of illegal drugs, it is the policy of CLG to inform the Gardaí/PSNI and have them present during a search of any part of the club property.

Disposing of (Suspected) Illegal Drugs

If an illegal drug (or suspected illegal drug) is found on club property or during a club related activity, it should be brought to the attention of the Chairman of the club concerned.

- Store the substance securely and inform the Gardaí/PSNI to arrange for its disposal.
- Two officials/mentors should be present during any procedures involving handling of illegal substances.
- The substances should not be removed from the building by anyone other than the Gardaí/PSNI or someone acting on their behalf.

Availability, Use and Storage of Solvents and Gases

There are a large number of solvent based products that can be bought easily and have the potential to be abused. These include paints, thinners, deodorants, air fresheners, cleaning fluids, pain relief spray and plaster removal spray.

- All solvent based materials and gases should be stored securely where the public does not have access to them.

Use of Performance Enhancing Substances/Methods

The guidelines set out in the GAA Anti-Doping Code must be adhered to. The Code is based upon the Irish Anti-Doping Rules as adopted by the Irish Sports Council. Information on the GAA Anti-Doping Code can be found on

www.medicalwelfare.gaa.ie/antidoping.html.

Detailed information on all aspects of doping in sport can be found on

www.irishsportsCouncil.ie/Anti-Doping.

STEP 5: Amend and finalise the draft policy

Circulate the draft policy as widely as possible for the views of young people, parents/guardians, club members and club executive.

- Ask for feedback from a professional legal advisor.
- Involve those parents and young people who might not normally be reached.
- Revise the policy on the basis of the feedback received from this process.

STEP 6: Ratify, circulate and implement the agreed policy

When the finalised draft policy has been ratified by the Club Executive it becomes the agreed Club Drug and Alcohol Policy.

- Circulate the finished policy to everyone connected to the club.
- Give a copy of the Club Drug and Alcohol Policy to all existing members and all new members upon joining.
- Choose a date when the policy comes into effect.
- Display and advertise the policy on the club website/newsletter.
- Promote your policy through the local media.

STEP 7: Monitor, review and evaluate the policy

A review of the Club Drug & Alcohol Policy should be carried out at least once each year by the ASAP Club Officer. This will help make the policy a 'living document' and give the club a chance to build on the work that has been done to date and plan for what needs to happen in the future. When reviewing the policy, do so with this question in mind "If were to happen here, what would we do".

- Review after every drug/alcohol related incident to judge its effectiveness.
- Be aware of changes to legislation and to the local drink and drug scene.
- Evaluate the policy within the Club Planning and Development framework.

SECTION TWO

HOW TO TALK TO SOMEONE ABOUT THEIR DRUG OR ALCOHOL USE

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Introduction

Most people know someone who has a drink problem and most people under the age of 30 know someone who uses drugs.

This section is designed to help you know what to say and what not to say if you want to talk to someone about their use of alcohol or drugs.

What are the signs of drug taking?

It is often difficult to tell if someone is using drugs. Different people react to substances in different ways and the signs of drug misuse in one person could be due to some other factors in someone else. It's therefore easy to jump to the wrong conclusion.

Below is a list of some signs to look for, but remember that some of these (especially the changes in behaviour) can occur without drugs playing any part. Someone might just be going through a particularly difficult period in their life.

Behavioural signs

- A change of friends
- Lack of concentration
- Sudden mood swings
- Lying and deceitfulness
- Stealing money or goods
- Abnormal sleep patterns or insomnia
- Secretiveness about activities and whereabouts
- Loss of interest in old friends, school/college, work, hobbies

Physical signs

- Drowsiness
- Borrowing money
- Appearing intoxicated
- Loss of appetite
- Weight loss
- Needle marks and unexplained bruises
- Unusual smells, stains or marks on the body or clothes

Drugs paraphernalia

- Shredded cigarettes
- Needles and syringes
- Small weighing scales
- Scorched tin-foil or spoons
- Strong, sweet, smoky smell
- Small, elaborately folded pieces of paper
- Unusual powders, tablets, capsules or liquids
- Herbal substances or solid, crumbly, brown resin

What is Substance Abuse & Addiction?

Substance abuse and addiction are different but related. A person can abuse a drug or alcohol without having an addiction. For example, just because a person smoked cannabis a few times doesn't mean that he or she has an addiction, but if they were to continue it could lead to an addiction. When we think of addiction, we usually think of alcohol or illegal drugs. But people can become addicted to other things including legal medications, cigarettes and all sorts of behaviours including gambling and sex. Drug/alcohol addiction means a person has very little control over whether he or she uses a drug or drinks. It is important to remember that addiction can be physical, psychological, or both.

Physical addiction is when a person's body becomes dependent on a particular substance e.g. tobacco is physically addictive. It also means that s/he builds a tolerance to that substance, so that they need a larger dose than before to get the same effects. When a person who is physically addicted stops using drugs/alcohol s/he may experience withdrawal symptoms. Withdrawal from a physical addiction can be anywhere along a continuum from mild to life threatening. It can range from the symptoms of a mild 'flu to extreme discomfort and illness depending on the extent of the addiction and the substance in question.

Psychological addiction is when a person regularly feels overcome by the desire to have a drug or take part in the behaviour (e.g. gambling). They may also secretly feel ashamed and lie or steal to conceal what they are doing. Withdrawal from a psychological addiction can manifest as aches, pains and general feelings of unease through to more serious cases where severe psychological distress can occur.

Signs of Addiction

The most obvious sign of an addiction is that a person has a very strong need to have a particular substance or engage in a particular behaviour. There are other signs that can suggest a possible addiction that are listed below. However it is important to note that these can be signs of other conditions too, such as depression, eating disorders or physical illness. Common signs of a drug /alcohol addiction include:

Psychological signs

- Use of drugs/alcohol as a way to forget problems or to relax
- Withdrawal from friends and family
- Keeping secrets about behaviour
- Loss of interest in activities that used to be important
- Problems with school or work, such as slipping grades or absences
- Spending more time with people who use drugs/alcohol
- Spending a lot of time figuring out how to get drugs/alcohol
- Failed attempts to stop taking drugs/alcohol
- Anxiety, anger or depression

Physical signs

- Changes in sleeping habits and shaking or sick in the morning time
- Needing to take more drugs/alcohol to get the same effect
- Changes in eating habits, including weight loss or gain

How to talk to someone about their alcohol or drug use

Talk to the person when he/she is sober. What you have to say will have more impact when they are clear thinking rather than when they are drunk or stoned. Restrict your comments to what you feel and what you have experienced of their behaviour. Use **'I statements'** when you speak. These cannot be disputed so easily. For example saying something like *"I want to talk to you because I am worried about you"* or *"I don't like to see what's been happening to you lately as you mean a lot to me"* are much more likely to be accepted than remarks like, *"Everyone's disgusted with you"*, or, *"Mary thinks you have a real problem"*. These will probably lead to arguments about Mary's problems or who 'everyone' is. It is better to avoid such generalisations and speak about your own feelings and observations.

LESS HELPFUL

Everyone's disgusted with you.

MORE HELPFUL

I want to talk to you because I am worried about you.

It is rarely useful to get involved in name calling and labelling people. However it is important to openly discuss the negative consequences of their drinking or drug use. Use concrete examples of things that you have seen happening.

LESS HELPFUL

You're an alcoholic.

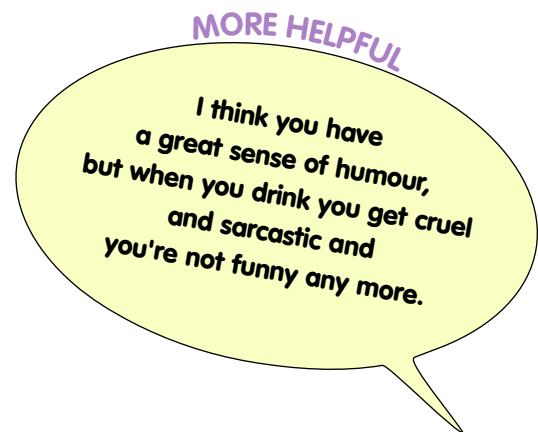
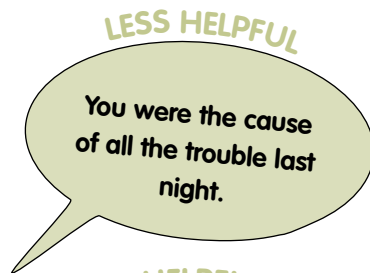
MORE HELPFUL

I was left standing there when you passed out. The next day you were too hung over to go training. That is the third time this month that has happened.

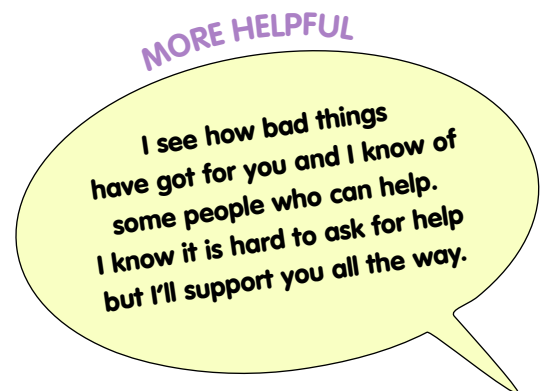
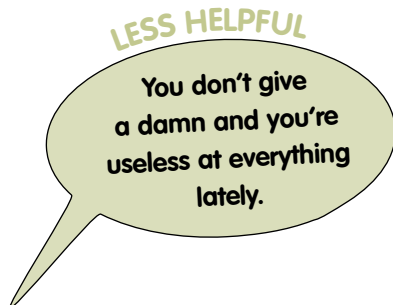
LESS HELPFUL

You can't hold your drink.

Emphasise the difference between sober behaviour that you like and drinking behaviour that you dislike.



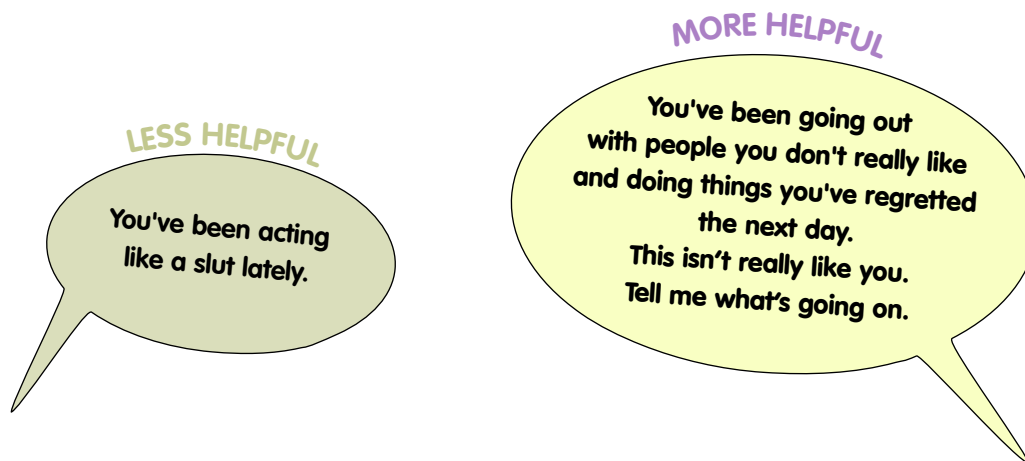
Be sure to distinguish between the person and the behaviour.



It may also be helpful to talk about your concerns with other people you trust who know the person. You are likely to find that there are others who share the same concerns as you. You may also find that some of them will try to excuse his/her behaviour and want to brush it under the carpet.

What NOT to do

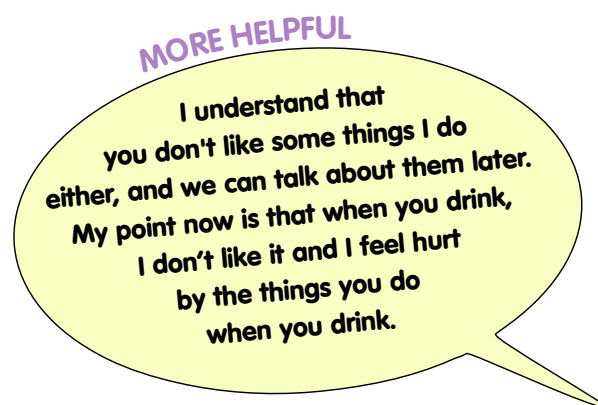
Don't lecture or moralise. Remain factual, listen to their side of the story as they will have reasons for drinking or using drugs like they do. Try your best to be non-judgmental with them. Their behaviour might not make sense to you but it does to them on some level.



The more understanding you are, the more likely they are to talk about why they are behaving as they are.

Don't accuse or argue. If they get angry or try to provoke you, remind yourself to remain calm and to stay focused on their drinking or drug use.

If they start pointing out your own shortcomings it is best to accept them and keep going by saying something like...



These can be difficult conversations to have. It is important that you emphasise to him/her that you are doing it because you care. Don't give up. If they seem resistant, you can bring it up later or let them know you're there for them if they ever want to talk. If you are going to ask a person under the age of 18 about their drug or alcohol use it is good practice to let their parents know in advance.

If you want to find out more about talking to people about their drinking or drug use look at the GAA 'Club Matters' DVD. It can be accessed through your ASAP County Officer or from the ASAP National Office. It may also help to read 'Straight Talk: A Guide for Parents on Teenage Drinking' or 'Don't lose the head'. Both of them are available on www.drugs.ie.

SECTION THREE

DRUGS AND THEIR EFFECTS

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NOTE:

Due to the changing nature of drug use, the information in this section is not exhaustive. Varying street names of drugs are used in different areas.



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Benzodiazepines



BENZODIAZEPINES

STREET NAME:

Vallies or Benzos.

BRAND NAME:

There are many benzodiazepines in use - the most common ones include Valium, Xanax, Rohypnol and Normison.

DESCRIPTION:

Benzodiazepines are a large family of medicines that come in a variety of shapes, sizes and colours and are available in tablet, capsule and liquid forms.

DRUG EFFECT:

Benzodiazepines are a group of prescription drugs that are widely abused. They cause the user to feel relaxed and less anxious.

Benzodiazepines are sometimes used by people when drinking to accentuate the effect of alcohol. This can be a dangerous practice as it is relatively easy to overdose when mixed with alcohol. Benzodiazepines are also used to ease the "crash" from drugs such as speed, ecstasy and cocaine.

STREET USE:

Swallowed.

THERAPEUTIC USE:

Benzodiazepines are prescribed to treat anxiety or help people to sleep.

DEPENDENCY:

Benzodiazepines are among the most addictive drugs in current use. Despite this, these drugs tend to be over-prescribed and this has led to widespread use and dependency among many people who began taking them under medical advice. Benzodiazepines should not be used continuously for more than 3 weeks as dependency can start to form.

WITHDRAWAL:

Effects of benzodiazepines last up to 24 hours and withdrawal symptoms can begin between one and seven days after the last dose. Symptoms include anxiety, restlessness, tremors, feelings of unreality and distortion of perceptions. Symptoms may last for a number of months.

OVERDOSE RISK:

The risk of death from overdose is very high when mixed with other painkilling drugs, sleep inducing drugs or alcohol.

MAXIMUM LEGAL PENALTIES:

	<i>Rep. of Ireland</i>	<i>Northern Ireland</i>
<i>Possession:</i>	2 years and/or unlimited fine	2 years and/or unlimited fine
<i>Supply:</i>	14 years and/or unlimited fine	14 years and/or unlimited fine

SPECIAL NOTE:

Withdrawal from benzodiazepines can be dangerous. There is a risk of seizure during the withdrawal period and as a result a gradual reduction in dosage is advised. The gradual withdrawal regime is best carried out under medical supervision.



BENZYLPIPERAZINE

STREET NAME:

BZP, Legal E, Pep pills.

BRAND NAME:

XXX, Legal X, Majic, Elevate.

DESCRIPTION:

Tablets or capsules of varying shapes, sizes and colours. Its' use in Ireland has grown over the last few years as it was being sold via the internet and through 'head shops' as a legal product prior to it being made illegal in March 2009.

DRUG EFFECT:

Benzylpiperazine has an effect that is similar to ecstasy. Users report it causes alertness, euphoria and a general sense of well being over a 4 to 6 hour period.

STREET USE:

Benzylpiperazine is swallowed in tablet or pill form.

THERAPEUTIC USE:

None.

DEPENDENCY:

There appears to be a low risk of physical dependency and a mild risk of psychological dependency.

WITHDRAWAL:

There are no reported withdrawal symptoms.

LONG TERM USE:

As the use of this drug is relatively new there is very little reliable information available on the long term use of benzylpiperazine in its' current form. Early reports include long term effects such as seizures, irregular heart beat, fainting, impotence and mild memory loss.

OVERDOSE RISK:

While there are no clear reports of death resulting solely from benzylpiperazine use, it has been implicated in a number of deaths where it was used alongside alcohol and ecstasy. The most typical overdose reactions are psychotic episodes and seizures.

MAXIMUM LEGAL PENALTIES:

Benzylpiperazine became a controlled drug under the Misuse of Drugs Acts in the Rep. of Ireland on March 31st 2009. The Misuse of Drugs Act in Northern Ireland is expected to change similarly in the near future. Sales of benzylpiperazine is currently covered in Northern Ireland under the 1968 Medicines Act.

	<i>Rep. of Ireland</i>	<i>Northern Ireland</i>
<i>Possession:</i>	2 yrs and/or unlimited fine	
<i>Supply:</i>	14 yrs and/or unlimited fine	2 yrs and/or unlimited fine



CANNABIS

STREET NAME:

Hash, Blow, Draw, Pot, Dope, Grass.

DESCRIPTION:

- Cannabis resin (hash - most common), small blocks/lumps of brown resinous material.
- Herbal cannabis (marijuana) - less common, resembles dried grass or leaves.
- Cannabis oil - least common, brown to black coloured thick oil.



DRUG EFFECT:

Cannabis is a mild hallucinogen with a mild sedative effect. Smoking cannabis causes a number of physical effects including increased pulse rate, decreased blood pressure, bloodshot eyes, increased appetite and occasional dizziness. Effects start within a few minutes and may last several hours depending on how much is taken. When eaten the effects take longer to start but may last longer. Eating cannabis heightens the risk of having unpleasant effects. Generally cannabis makes people relax but the experience can vary greatly depending on the users mood and what they expect to happen. Many people find that when they first use cannabis nothing much happens. They may become giggly and very talkative or alternatively quieter and subdued. Users often report that they become more aware of music and colours and that time seems to slow down.



STREET USE:

Cannabis is most commonly smoked in a hand rolled cigarette (joint), or a homemade pipe (bong), but can also be eaten.

THERAPEUTIC USE:

None.

DEPENDENCY:

There is a mild to moderate risk of psychological dependency.

WITHDRAWAL:

There are no physical withdrawal symptoms reported but heavy users may experience restlessness, depression, loss of appetite, sleep difficulties and nightmares.



LONG TERM USE:

There are respiratory and memory problems associated with smoking cannabis and mental health problems can occur with heavy use. There is also an increased risk of cannabis users being involved in accidents.

OVERDOSE RISK:

Very unlikely, although vomiting can occur when taken for the first few times.

MAXIMUM LEGAL PENALTIES:

	<i>Rep. of Ireland</i>	<i>Northern Ireland</i>
Possession:	3 years and/or unlimited fine	2 years and/or unlimited fine
Supply:	7 years and/or unlimited fine	14 years and/or unlimited fine





COCAINE

STREET NAME:

Coke, Charlie, Snow.

DESCRIPTION:

Cocaine is a white powder.

DRUG EFFECT:

Cocaine is a strong but short acting stimulant drug. It tends to make users feel more alert and energetic. Many users say they feel very confident and physically strong and believe they have great mental capacities. Common physical effects include dry mouth, sweating, loss of appetite and increased heart and pulse rate. At higher dose levels users may feel very anxious and panicky. The effects from snorting cocaine start quickly and last for up to 30 minutes.

STREET USE:

Most users sniff short lines of cocaine up their nose, often through a rolled banknote or straw.

THERAPEUTIC USE:

As local anaesthetic for eye, ear and nasal surgery.

DEPENDENCY:

There is no physical dependency on cocaine but there is a very strong psychological dependency that can display itself in physical symptoms such as diarrhoea, vomiting, trembling, insomnia and sweating.

WITHDRAWAL:

No physical withdrawal symptoms but after the "high", users experience a "crash" when they feel extremely tired and depressed.

LONG TERM USE

Risks of long term use of cocaine include cardiovascular and gastrointestinal complications, involuntary muscle movement, strokes, seizures, nausea, blurred vision and convulsions.

OVERDOSE RISK:

Excessive doses can cause death from respiratory or heart failure but this is rare. High doses can result in increased body temperature, extreme agitation, convulsions and respiratory arrest. Overdose risk increases if cocaine is mixed with other drugs such as ecstasy, speed or alcohol. Large doses or quickly repeating doses over a period of hours can lead to extreme anxiety, outbursts of violence, paranoia and hallucinations.

MAXIMUM LEGAL PENALTIES:

	<i>Rep. of Ireland</i>	<i>Northern Ireland</i>
<i>Possession:</i>	14 years and/or unlimited fine	7 years and/or unlimited fine
<i>Supply:</i>	Life and/or unlimited fine	Life and/or unlimited fine





Crack Cocaine

Crack Cocaine Paraphernalia



CRACK COCAINE

STREET NAME:

Crack, Freebase, Rocks.

DESCRIPTION:

Crack is a smokeable form of cocaine made into small lumps/chips or 'rocks'. It is usually smoked in a pipe, glass tube, plastic bottle or in foil. It gets its name from the cracking sound it makes when it is burned.

DRUG EFFECT:

Crack is a strong but short acting stimulant drug. It tends to make users feel more alert and energetic. Many users feel very confident and physically strong and believe they have great mental capacities. Common physical effects include dry mouth, sweating, loss of appetite and increased heart and pulse rate. At higher dose levels users may feel very anxious and panicky. The effects from smoking crack are almost immediate and last for a few minutes.

STREET USE:

Usually smoked in a pipe.

THERAPEUTIC USE

None.

DEPENDENCY:

While crack does not cause physical dependency there is a very significant psychological dependency that can display itself in physical symptoms such as diarrhoea, vomiting, trembling, insomnia, anorexia and sweating.

WITHDRAWAL:

A heavy user of crack will become very tolerant to the drug in a short period of time. Once the user stops, which can prove very difficult for a regular or heavy user, they will very quickly start to feel tired, panicky, exhausted and unable to sleep, often causing extreme emotional and physical distress.

LONG TERM USE

Users who smoke crack cocaine over a protracted period of time are subject to the same risks of those who use powdered cocaine and some additional ones including aggressive and paranoid behaviour, acute respiratory problems, severe chest pains and lung trauma with bleeding.

OVERDOSE RISK:

Excessive doses can cause death from respiratory or heart failure but this is rare. High doses can result in increase in body temperature, extreme agitation, convulsions and respiratory arrest. Large doses or quickly repeating doses over a period of hours can lead to extreme anxiety, outbursts of violence, paranoia and hallucinations. Overdose risk increases if crack is mixed with other drugs such as heroin or alcohol.

MAXIMUM LEGAL PENALTIES:

	<i>Rep. of Ireland</i>	<i>Northern Ireland</i>
<i>Possession:</i>	14 years and/or unlimited fine	7 years and/or unlimited fine
<i>Supply:</i>	Life and/or unlimited fine	Life and/or unlimited fine



Dihydrocodeine



Various over the counter products

CODEINE

STREET NAME:

DF's, Diffs, Solpo's.

BRAND NAME:

- DF118 (Galen) • DHC Continus (Napp)
- Solpadeine (Smith Kline Beecham) • Nurofen Plus (Crookes Healthcare)

DESCRIPTION:

Codeine is found in a number of different medicines including over-the-counter (OTC) medicines (Solpadeine, Nurofen Plus) and prescription-only medicines (DHC, DF118). Doses range from 8-60mg of codeine in each tablet or capsule. Codeine is also available in liquid formulas.

DRUG EFFECT:

Codeine is a painkiller that depresses the central nervous system. It slows down body functioning and reduces physical and psychological pain. The effects are similar to most painkillers, a relief from pain, feelings of well-being, feelings of warmth, relaxation and detachment, nausea, pinpoint pupils, reduction in body temperature and blood pressure. It also slows down the heart rate and may cause drowsiness. Codeine can also stop people feeling anxious.

STREET USE:

Swallowed. There is a lot of anecdotal evidence to suggest widespread abuse of OTC medicines that contain codeine. This in part may be due to the fact that they are readily available.

THERAPEUTIC USE:

The guidelines for use that accompany each medicine should be carefully observed. Codeine is used to relieve mild to moderate pain.

DEPENDENCY:

There is a high risk of physical and psychological dependency.

WITHDRAWAL:

Withdrawal symptoms appear 8-24 hours after the last dose. Symptoms resemble severe flu together with diarrhoea. Symptoms peak around the third day and fade after 5 to 10 days. Sleep difficulties, cravings and mood swings may continue for some weeks.

LONG TERM USE:

Regular use of codeine will lead to constipation and may cause breathing difficulties. It will also lead to irregular periods for women.

OVERDOSE RISK:

Moderate to high, although risk of overdose increases significantly if codeine is mixed with other drugs, especially other painkilling drugs or alcohol.

MAXIMUM LEGAL PENALTIES:

	<i>Rep. of Ireland</i>	<i>Northern Ireland</i>
<i>Possession:</i>	7 years and or unlimited fine	5 years and/or unlimited fine
<i>Supply:</i>	14 years and/or unlimited fine	14 years and/or unlimited fine
<i>These penalties do not apply to OTC medicines</i>		



CREATINE

Creatine has been included in this section to correct some of the misinformation that is currently in circulation.

CREATINE IS NOT A DRUG!

BRAND NAMES:

Maximuscle, Muscletech, Nutrition X, etc.

DESCRIPTION:

Creatine is a protein naturally produced from amino acids by the body and is also found in foods such as fish and meat. Creatine phosphate is the primary source of energy in the muscle during intense bursts of high intensity exercise. Creatine is also sold in powdered and capsule forms in sports and health stores.

EFFECT:

Creatine is used to increase muscle bulk and strength. There is some scientific evidence that taking creatine supplements can marginally increase athletic performance in some sports. Creatine usually leads to rapid weight gain. The weight gain is mainly caused by water retention in the muscles and not by muscle growth. This weight gain may actually slow athletes down by adding to their body weight and this cancels out the benefits. Creatine won't work for everyone, as approximately 30% are non-responders.

USE:

The guidelines for use that accompany each creatine product should be carefully observed. With creatine more is NOT better!

DEPENDENCY:

There is no risk of physical or psychological dependency from using creatine.

LONG TERM USE:

The risks associated with long term use of creatine are as yet unproven. Anecdotal reports of adverse reactions have included anxiety, atrial fibrillation, diarrhoea, dyspnoea, fatigue, migraine headaches, myopathy, nausea, vomiting, rashes and seizures. Concern has also been expressed about potential negative effects on the liver and kidneys.

OVERDOSE RISK:

There is no risk of overdose from creatine, however exceeding the guidelines for use is likely to cancel out any benefits from using it.

MAXIMUM LEGAL PENALTIES:

Creatine is NOT an illegal substance controlled by the Misuse of Drugs Acts nor is it a controlled substance barred by the World Anti-Doping Agency or the International Olympic Committee. However, although creatine is a legal supplement, an EU-wide study found the 25% of creatine products contained traces of banned substances.

SPECIAL NOTE:

There are many myths about creatine. These are some common ones...
 'Creatine is a steroid' - FALSE 'Creatine is a hormone' - FALSE
 'Creatine is a stimulant' - FALSE
 'The more I take the stronger I'll become' - FALSE



Ecstasy



ECSTASY

STREET NAME:

Ecstasy, E, Yokes, Doves, Mitsubishiis.

DESCRIPTION:

Any colour, any shape tablets usually bearing a logo or design.

DRUG EFFECT:

Ecstasy is a stimulant drug that also has mild hallucinogenic effects. It has been described as being like a mix of amphetamine and a weak form of LSD. The effects start after 20-60 minutes and can last for up to several hours. The pupils become dilated, the jaw tightens and there is often brief nausea, sweating, dry mouth and throat. The blood pressure and heart rate increases and loss of appetite is common. Ecstasy was originally linked to the club music scene in the early 1990's but its use grew exponentially since then and it has become one of the most widely used drugs.

Many users experience an initial rushing feeling followed by a combination of feeling energetic and yet calm. Loss of anger, empathy with other people and an enhanced sense of communication are commonly reported.

STREET USE:

It is taken by mouth in tablet form or mixed in a drink.

THERAPEUTIC USE:

None.

DEPENDENCY:

There is no risk of physical dependency and a moderate to high risk of psychological dependency.

WITHDRAWAL:

Fatigue and depression are common when regular ecstasy use has ceased.

LONG TERM USE:

Regular use of ecstasy is likely to lead to episodes of depression and memory problems. It has also been linked to an increased frequency of urinary tract infections in women.

OVERDOSE RISK:

At higher doses ecstasy can cause anxiety, panic attacks, insomnia, hallucinations and paranoia. Pre-existing conditions such as high blood pressure, glaucoma and epilepsy can be exacerbated.

Ecstasy has been linked to hyperthermia (heatstroke) where the body's temperature regulation system is affected, causing the body to overheat. Death by overdose is rare.

MAXIMUM LEGAL PENALTIES:

	<i>Rep. of Ireland</i>	<i>Northern Ireland</i>
<i>Possession:</i>	14 years and/or unlimited fine	7 years and/or unlimited fine
<i>Supply:</i>	Life and/or unlimited fine	Life and/or unlimited fine



HAWAIIAN BABY WOODROSE

STREET NAME:

Morning Glory, Legal Acid.

DESCRIPTION:

Light brown or tan coloured seed. Hawaiian baby woodrose has a long history of use in religious ceremonies in Hawaii and parts of South America. Its' use in Ireland has grown over the last few years as it is being sold via the internet and through 'head shops' as a legal product.

DRUG EFFECT:

Hawaiian baby woodrose is a powerful hallucinogen similar to LSD. The main effects begin after an hour and typically last for 4-8 hours. Reported effects include changes in perception of time, sounds and vision, euphoria and extreme tiredness. Hawaiian baby woodrose can cause uterine contractions, which may lead to miscarriage if the seeds are consumed while pregnant.

STREET USE:

Hawaiian baby woodrose seeds can be swallowed whole or crushed and mixed with hot water to make a 'tea'.

THERAPEUTIC USE:

None.

DEPENDENCY:

There is no risk of physical dependency and minimum risk of psychological dependency.

WITHDRAWAL:

No withdrawal symptoms have been reported.

LONG TERM USE:

Flashbacks (re-experiencing previous drug effects) are occasionally reported. There is a significant risk of psychological disturbance with heavy use.

OVERDOSE RISK:

An overdose of Hawaiian baby woodrose may result in a psychotic episode that would require psychiatric treatment.

MAXIMUM LEGAL PENALTIES:

Hawaiian baby woodrose is not currently covered in the Misuse of Drugs Acts in the Rep. of Ireland and Northern Ireland although the law may be changed to include it in the future.

SPECIAL NOTE

If the user is having a 'bad trip' (i.e. experiencing terror or paranoia) it helps to reduce lighting and noise levels and talk to the person in a low calm voice and reassure them that the effects will wear off.





KETAMINE

STREET NAME: Special K.

BRAND NAME: Ketalar, Ketaject (Parke-Davis)

DESCRIPTION:

Ketamine comes in a variety of forms, ranging from its liquid pharmaceutical state, for injecting, through to a white powder or pill to be taken orally. Ketamine is a powerful anaesthetic drug that is used during veterinary surgery usually for large animals. In the early 1990's it found its way on to the club and rave scene when people took it thinking they were buying ecstasy. It then became more established so that people bought it by choice.

DRUG EFFECT:

Ketamine has pain-killing effects but also alters perception. People who use it commonly say they feel detached from themselves and others around them. At low doses (roughly 100mg), the user will feel euphoric and experience rushes or waves of energy. At higher doses (200mg and over) the user will often experience hallucinations, similar to LSD. This is often followed by numbness and muscle spasms. Users may also feel sick or vomit. There appears to be a higher risk of having a "bad trip" type of experience than with other drugs that cause hallucinations.

STREET USE:

Swallowed, sniffed up the nose or sometimes smoked.

STREET FORM: Clear liquid, white powder or home made tablet.

THERAPEUTIC USE: Used as an anaesthetic in veterinary surgery.

DEPENDENCY:

There is no risk of physical dependency and a moderate to high risk of psychological dependency.

WITHDRAWAL:

There are no physical withdrawal symptoms but heavy users report a strong psychological dependence.

LONG TERM USE:

LSD-like 'flashbacks' have been reported together with loss of appetite and weight loss. Regular use of ketamine is likely to lead to episodes of depression and memory problems. There may also be a potential for the development of psychotic episodes following heavy use.

OVERDOSE RISK:

A few deaths have been reported. However, as with any anaesthetic, inhalation of vomit (after eating) is a serious risk if doses sufficient to induce anaesthesia are taken.

MAXIMUM LEGAL PENALTIES:

	<i>Rep. of Ireland</i>	<i>Northern Ireland</i>
<i>Possession:</i>	7 Years and/or unlimited fine	2 Years and/or unlimited fine
<i>Supply:</i>	Life and/or unlimited fine	Life and/or unlimited fine



Heroin and paraphernalia

Diamorphine



HEROIN

STREET NAME:

Smack, H, Gear, Skag.

BRAND NAME:

Diamorphine.

DESCRIPTION:

In its illegal form it is usually a brown powder normally containing 5% to 30% pure heroin. In its legal form it is a white powder or clear liquid contained in small glass phials.

DRUG EFFECT:

Heroin numbs emotional and physical pain and many users feel as if they were "wrapped in cotton wool". At higher doses it induces sleep and this is referred to as "nodding" or "goofing". The effects last for 2-3 hours.

STREET USE:

Heroin can be smoked or injected. When smoked it is referred to as "Chasing the Dragon". When heroin is injected this is referred to as "main-lining".

THERAPEUTIC USE:

Heroin in its therapeutic form is called diamorphine and is only used in hospital or hospice settings in Northern Ireland and not in the Rep. of Ireland.

DEPENDENCY:

Heroin carries one of the highest risks of physical and psychological dependency.

WITHDRAWAL:

Withdrawal symptoms appear 8-24 hours after the last dose. Symptoms resemble severe flu together with diarrhoea. Symptoms peak around the third day and fade after 5 to 10 days. Sleep difficulties, cravings and mood swings may continue for some weeks.

LONG TERM USE:

Aside from severe dependency, pure heroin has few long term effects on the body. The majority of the risks associated with heroin come from how it is used (i.e. smoked, injected) and the impurities that are mixed in with the drug (i.e. brick dust/sand, gravy powder, quinine). Users are at risk of serious infectious diseases, for example, HIV/AIDS and hepatitis B and C from unsafe injecting practices and from collapsed veins, bacterial infections, abscesses and heart-valve problems from the impurities mixed in with the heroin.

OVERDOSE RISK:

There is a significant risk of overdose. This risk is heightened after a period of abstinence or when heroin is mixed with other painkilling drugs, benzodiazepines or alcohol.

MAXIMUM LEGAL PENALTIES:

	<i>Rep. of Ireland</i>	<i>Northern Ireland</i>
<i>Possession:</i>	14 years and/or unlimited fine	7 years and/or unlimited fine
<i>Supply:</i>	Life and/or unlimited fine	Life and/or unlimited fine



Dried Mushrooms

LIBERTY CAP MUSHROOM (*Psilocybe semilanceata*)

STREET NAME: Magic Mushrooms, Mushies.

DESCRIPTION:

Light brown, thin-stemmed mushroom about 6-8cm high with a nipple shape on the top of the cap.

DRUG EFFECT:

The Liberty Cap is a hallucinogenic mushroom. It's effects include euphoria and hallucinations beginning within 20-40 minutes and usually lasting between 4 and 8 hours depending on the amount used. Sleep often follows use. Users often laugh a lot and feel more confident. Some people feel sick, vomit and/or suffer from stomach aches. Lower doses result in a mild to moderate "trip" with visual and sound distortions. There have been some occasions where users have died following a fall from a high building having believed they could fly. During a "bad trip" users may experience fear, anxiety and paranoia. This is more likely with high doses and where the user already feels anxious.

STREET USE:

Usually eaten raw but may be cooked and eaten or boiled in water to make a 'tea'. Mushrooms can also be dried for storage. Amounts of mushrooms used vary from one or two mushrooms, to 20 or more.

THERAPEUTIC USE:

None.

DEPENDENCY:

There is no risk of physical dependency and a small risk of psychological dependency.

WITHDRAWAL:

No withdrawal symptoms have been noted.

LONG TERM USE:

Using liberty cap mushrooms over a long period of time can damage people's mental abilities.

OVERDOSE RISK:

Liberty Caps are not very toxic and so the overdose risk is low. Were an overdose to occur it would resemble that of LSD and may result in a psychotic episode that would require psychiatric treatment. However, there is a risk of mistakenly taking a more poisonous mushroom or fungus. Some fungi are extremely toxic and can cause death within hours of consuming them.

MAXIMUM LEGAL PENALTIES:

	<i>Rep. of Ireland</i>	<i>Northern Ireland</i>
<i>Possession:</i>	14 years and/or unlimited fine	7 years and/or unlimited fine
<i>Supply:</i>	Life and/or unlimited fine	Life and/or unlimited fine

SPECIAL NOTE :

If the user is having a 'bad trip' (i.e. experiencing terror or paranoia) it helps to reduce lighting and noise levels. Speak in a low calm voice and reassure the person that the effects will wear off.



LSD



LSD (Lysergic Acid Diethylamide)

STREET NAME:

Acid, Trips, Tabs.

DESCRIPTION:

Small 1 cm squares of paper, usually with a logo or design printed on them.

DRUG EFFECT:

LSD is a powerful hallucinogen. Effects begin up to 1 hour after the tab of LSD is consumed, and last for 2-12 hours, depending on strength. The strength varies but a low dose (half a regular tab) will usually result in a mild LSD experience, whereas a full tab will result in a full-blown trip. The effects of LSD vary greatly depending on dose level, how the user feels and the situation they are in. Users often report visual effects such as intensified colours, distortions in shapes and movement of stationary objects. There have been some occasions where users have died following a fall from a high building having believed they could fly. Distortion of sound and changes in the sense of time and place are also common.

STREET USE:

Swallowed.

STREET FORM:

Small paper squares.

DEPENDENCY:

There is no risk of physical dependency and minimum risk of psychological dependency.

WITHDRAWAL:

Tolerance develops quickly after repeated use so that further doses are less effective. No physical withdrawal symptoms are reported.

LONG TERM USE:

Flashbacks (re-experiencing previous effects) are occasionally reported. There is a significant risk of psychological disturbance with heavy use.

OVERDOSE RISK:

With LSD an overdose may result in a psychotic episode that would require psychiatric treatment.

MAXIMUM LEGAL PENALTIES:

	<i>Rep. of Ireland</i>	<i>Northern Ireland</i>
<i>Possession:</i>	14 years and/or unlimited fine	7 years and/or unlimited fine
<i>Supply:</i>	Life and/or unlimited fine	Life and/or unlimited fine

SPECIAL NOTE:

If the user is having a 'bad trip' (i.e. experiencing terror or paranoia) it helps to reduce lighting and noise levels. Speak in a low calm voice and reassure the person that the effects will wear off.



Methadone

METHADONE

STREET NAME:

Meth, Juice, Phy.

BRAND NAME: Methadone mixture.

DESCRIPTION:

Green liquid.

DRUG EFFECT:

Painkiller and depressant ('downer').

STREET USE:

By mouth.

THERAPEUTIC USE:

Methadone is the drug that is most commonly prescribed to treat heroin addiction. Methadone is not a cure for heroin addiction but rather a replacement therapy that reduces the cravings for heroin and allows the user to take a small dose, usually once daily under the care of a doctor.

DEPENDENCY:

Methadone carries one of the highest risks of physical and psychological dependency.

WITHDRAWAL:

The effects of methadone last up to 24 hours, which is longer than heroin. Withdrawal symptoms are slower to develop but last longer. Flu-like symptoms appear up to 2 days after last dose, peak after 5 to 6 days and fade after 21 days. Sleep difficulties may last for longer. It has been suggested that withdrawal from methadone is more difficult than from heroin.

LONG TERM USE:

Constipation is the most common side-effect from long term use of methadone. Other effects include ankle oedema, nausea, and occasionally it causes impotence in men.

OVERDOSE RISK:

There is a significant risk of overdose. Methadone is poisonous to people who don't use it regularly. Doses of 50mg for an adult and 20mg for a child may be fatal. There is also a significant risk of overdose for the regular methadone user after a period of abstinence or when methadone is mixed with other painkilling drugs or alcohol.

MAXIMUM LEGAL PENALTIES:

	<i>Rep. of Ireland</i>	<i>Northern Ireland</i>
<i>Possession:</i>	14 years and/or unlimited fine	7 years and/or unlimited fine
<i>Supply:</i>	Life and/or unlimited fine	Life and/or unlimited fine

POPPERS (Alkyl nitrites)

STREET NAME: Poppers.

DRUG NAME: Amyl Nitrite or Butyl Nitrite.

DESCRIPTION: Clear liquid.

DRUG EFFECT:

Alkyl nitrites cause the blood vessels leading to the heart to widen and allow more blood to flow through. This is accompanied by a drop in blood pressure and increased heart rate. Users report a 'rush' and experience euphoria and dizziness. It also increases sexual arousal. The effects following inhalation are immediate and last from 2-5 minutes. Alkyl nitrites are sold openly on the internet and in some sex shops and joke shops.

STREET USE:

Poppers are sold in small glass bottles containing 10-20ml of amyl/butyl nitrite. Users inhale the fumes from the liquid in small doses.

DEPENDENCY:

Tolerance develops within 2-3 weeks if used on a daily basis. However this is lost following a few days of abstinence. There have been no reports of withdrawal symptoms, either physical or psychological, hence dependency does not appear to be a problem.

OVERDOSE RISK:

Excessive use can lead to lack of oxygen in the blood. Users become cyanosed, which gives their skin and lips a blue colour. This is usually accompanied by severe vomiting and can lead to clinical shock and loss of consciousness. Nitrites are extremely poisonous when drunk.

LEGAL STATUS:

Poppers are not controlled by the Misuse of Drugs Acts in the Rep of Ireland or in Northern Ireland.

SPECIAL NOTE:

Sudden deaths have occurred when using nitrites. People with a history of heart problems and glaucoma are strongly advised not to use poppers because of the increased strain on the cardiovascular system.





SALVIA DIVINORUM

STREET NAME:

Salvia, Eclipse, Diviners Sage.

DESCRIPTION:

Dark brown or black when prepared and dried. Light green plant leaf when fresh. Salvia Divinorum has a long history of use in religious ceremonies by the Mazatec Indians in Mexico. Its' use in Ireland has grown over the last few years as it is being sold via the internet and through 'head shops' as a legal product.

DRUG EFFECT:

Salvia divinorum is a powerful, short acting hallucinogen. When smoked the main effects are experienced within a minute or so and lasts for about 1-5 minutes. Reports of effects from users vary greatly. Reported effects include dramatic images and visions, uncontrollable laughter, echoing of sounds, lightheadedness, time distortion and extreme fearfulness.

STREET USE:

Salvia is most commonly smoked in a pipe as a dried herb but can also be chewed in a quid of fresh leaves.

DEPENDENCY:

There is no risk of physical dependency and minimum risk of psychological dependency.

WITHDRAWAL:

There are no reported withdrawal symptoms from using salvia divinorum.

LONG TERM USE:

As the use of this drug is relatively new to the western world there is very little reliable information available on the long term use of salvia divinorum in its' current form.

OVERDOSE RISK:

There are no reports of physical harm due directly to ingesting salvia divinorum. There are reports of serious harm occurring to users who are injured while disorientated due to the effects of salvia divinorum. There are also reports of salvia divinorum use resulting in a psychotic type episode.

MAXIMUM LEGAL PENALTIES:

Salvia Divinorum is not currently covered in the Misuse of Drugs Acts in the Rep. of Ireland and Northern Ireland although the law may be changed to include it in the future.

SPECIAL NOTE:

If the user is having a 'bad trip' (i.e. experiencing terror or paranoia) it helps to reduce lighting and noise levels. Speak in a low calm voice and reassure the person that the effects will wear off.





Amphetamine



SPEED (Amphetamine sulphate)

STREET NAME:

Speed, Sulph, Whizz.

DESCRIPTION:

White/cream crystalline powder.

DRUG EFFECT:

Speed is a strong stimulant and the effects last for 3 to 4 hours. It increases breathing and heart rate, lessens appetite and makes the pupils widen. Users tend to feel more alert, energetic, confident and not tired. With high doses people often experience a rapid flow of ideas and feel they have increased physical and mental powers. For some people, feelings of anxiety, irritability and restlessness are common. At higher doses speed can produce panic and paranoia.

STREET USE:

Speed is usually sniffed but can be eaten or injected.

DEPENDENCY:

Speed can cause a strong physical and psychological dependency.

WITHDRAWAL:

Withdrawal from amphetamine sulphate is divided into 2 phases - the immediate "crash" or rebound which lasts 2 to 3 weeks and is characterised by hunger, extreme fatigue and long periods of disturbed sleep. In the second phase heavy users become irritable and depressed (sometimes severely). The second phase can last weeks and sometimes months.

OVERDOSE RISK:

Death from overdose is possible with large doses but rare. Overdose risk increases if speed is mixed with other drugs. Speed can also be very dangerous to use for people who have asthma or cardiovascular problems.

MAXIMUM LEGAL PENALTIES:

	<i>Rep. of Ireland</i>	<i>Northern Ireland</i>
<i>Possession:</i>	7 years and/or unlimited fine	5 years and/or unlimited fine
<i>Supply:</i>	14 years and/or unlimited fine	14 years and/or unlimited fine



Anabolic Steroids

STEROIDS (ANABOLIC/ANDROGENIC)

STREET NAME: Roids, Juice.

BRAND NAME: Nandrolone, Restandol, Striant, Sustanon.

DESCRIPTION:

Anabolic/androgenic steroids are prescription-only medicines and are available in pill, capsule and injectable forms. Anabolic/androgenic steroids are also produced illegally in some countries in pill and injectable forms. They are usually referred to as anabolic steroids for ease of use.

DRUG EFFECT:

Anabolic steroids are used to build muscle mass, improve physical appearance and enhance performance. Regular users report feelings of increased confidence after use. Anabolic steroids are not to be confused with corticosteroids which are used to treat asthma, arthritis and reduce swelling.

STREET USE:

Swallowed or injected directly into the muscle.

STREET FORM:

Injectable liquid, capsule or pill.

THERAPEUTIC USE:

Anabolic steroids are used to treat conditions that occur when the body produces abnormally low amounts of testosterone, such as delayed puberty, some types of impotence and other diseases that result in loss of lean muscle mass.

WITHDRAWAL:

After stopping using steroids, some people experience symptoms of depressed mood, fatigue, restlessness, loss of appetite, insomnia, reduced sex drive, headache, muscle and joint pain, and the desire to take more anabolic steroids.

LONGTERM USE:

There are a number of physical and psychological side effects from long term use of steroids including balding, breast enlargement and impotence in men and deepening of the voice, shrinking of breasts and growth of body hair in women. Anabolic steroid use is also linked to liver cancer and increased levels of aggression and violence known as 'roid rage' in both sexes.

LEGAL RESTRICTIONS:

Although anabolic steroids are not controlled by the Misuse of Drugs Acts in the Rep of Ireland or in Northern Ireland they are illegal to share/supply to another person. Anabolic steroids are to be sold only by pharmacists with a doctor's prescription. It's legal to possess steroids as a medicinal product for personal use. However, possession for supply/sharing is illegal and could lead to 14 years in prison and an unlimited fine.



TOBACCO

STREET NAME:

Cigs, fags, roll-ups.

DESCRIPTION:

Tobacco is available in dried and cured forms. It contains nicotine and almost 4000 chemicals of which 60+ are known to cause cancer including tar, arsenic, ammonia, acetone, formaldehyde, cyanide, methanol, benzene and toluene.

DRUG EFFECT:

Nicotine is the predominant psychoactive drug in tobacco. It initially acts as a stimulant, but effects of both stimulation and relaxation may be felt. It is also associated with feelings of pleasure.

STREET USE:

Tobacco can be legally purchased as cigarettes in packets or by weight for roll-ups and pipe. The smoke is usually inhaled although tobacco leaves can be chewed.

DEPENDENCY:

Nicotine can cause a very strong physical and psychological dependency. Users find there is a lot of habit attached to smoking. Most smokers develop a dependency and smoke daily.

WITHDRAWAL:

Withdrawal effects include cravings, irritability, anxiety, poor concentration, restlessness, sleep disturbances, light-headedness, decreased heart rate, increased appetite or weight gain and sometimes depression.

LONG TERM USE:

Tobacco use is a major risk factor in multiple types of cancer and causes 30% of all cancers, heart disease, respiratory disease, circulatory disease and reduced fertility. Smoking in pregnancy can lead to complications e.g. miscarriage and stillbirth, also illness in early infancy. Smokers lose an average of 10 – 15 years of potential life and half of regular smokers will eventually die from their tobacco use.

OVERDOSE

There are no reports of death related to tobacco overdose.

MAXIMUM LEGAL PENALTIES:

It is illegal to sell tobacco to anyone under 18 years of age in both Rep of Ireland and N. Ireland.



VOLATILE SUBSTANCES (Solvents)

There are 4 categories of volatile substances;

- (1) adhesives & glues
- (2) aerosols
- (3) cleaning and degreasing agents
- (4) a miscellaneous group of fire extinguishers, gas lighter fuels and petrol

DRUG EFFECT:

Vapours from volatile substances pass rapidly from the lungs to the brain causing depression of the central nervous system. Effects are similar to drunkenness and occur within 2-3 minutes. Feelings of euphoria are very common and some users report hallucinations. If inhalation (sniffing) continues there is further depression of the central nervous system, which leads to loss of awareness, judgement, muscular co-ordination and eventual coma. The intoxicating effects last for 15-60 minutes after sniffing ceases. Sniffers often report a mild 'hangover' for up to a day after use.

STREET USE:

Vapours from volatile substances are usually inhaled directly from their containers, from plastic bags or from a cloth that has been soaked in the substance.

DEPENDENCY:

There is a small risk of psychological dependency but as tolerance tends to develop quickly people generally use solvents for a relatively short period of time.

WITHDRAWAL:

Severe headaches and mood swings are commonly reported.

OVERDOSE RISK:

Every year it is estimated that there are 10 to 15 deaths in Ireland linked directly to the toxic effects of inhaling volatile substances. There are a number of others deaths caused by a combination of accidents, inhalation of vomit and suffocation caused by losing consciousness while using a plastic bag to inhale solvents.

LEGAL STATUS:

Solvents are not covered under the Misuse of Drugs Acts in Northern Ireland or the Republic of Ireland. However it is an offence for a retailer to sell or supply adhesives to anyone under 18 years of age if solvent abuse is suspected. In Northern Ireland it is an offence to supply gas lighter refills to young people under the age of 18 years.



Drugs and the law

The Misuse of Drugs Acts 1977 & 1984 (Republic of Ireland)

The Misuse of Drugs Acts are intended to prevent the non-medical use of drugs. For this reason the Acts control not just medicinal drugs but also drugs with no current medical use. The Acts outline the penalties for unlawful possession, supply and trafficking in prescription and non-prescription drugs.

Schedule 1 lists mainly hallucinogenic and illegal drugs including ecstasy and LSD. These drugs cannot be prescribed by doctors or sold in pharmacies.

Schedule 2 lists those drugs which may be used for medical purposes but which are regarded as particularly dangerous if misused. The list consists of opiates, amphetamines and related stimulants. Any of these drugs can be legally obtained when prescribed by a doctor, dentist or veterinary surgeon and supplied by a pharmacist.

Schedule 3 lists drugs to which stringent controls and record keeping requirements apply. It contains certain dependence producing sedatives, some painkillers and some appetite suppressants.

Schedule 4 lists various minor tranquillisers and preparations of phenobarbitone containing less than 100 mgs.

Schedule 5 lists certain preparations of controlled drugs to which the restrictions on possession do not apply. These are usually over the counter medications such as cough bottles and anti-diarrhoea products that contain opiates.

Under the Acts, a person commits an offence if, being the occupier or concerned in the management of any premises, he knowingly permits the production or supply of drugs to take place on the premises.

Below is a table containing information on the maximum penalties that can be imposed for breaches of the Misuse of Drugs Acts in the Republic of Ireland.

Drug schedule	Possession	Supply
Schedule 1	7 years + unlimited fine	Life + unlimited fine
Schedule 2	5 years + unlimited fine	14 years + unlimited fine
Schedule 3	2 years + unlimited fine	14 years + unlimited fine
Schedule 4	Range of fines	Range of fines
Schedule 5	Range of fines	Range of fines

N.B. Certain controlled drugs such as amphetamines, barbiturates, methadone, minor tranquillisers and occasionally heroin can be obtained through a legitimate doctor's prescription. In such cases their possession is not illegal.

The Misuse of Drugs Act 1971 (Northern Ireland)

The Misuse of Drugs Act (1971) that applies in Northern Ireland is similar to the laws that apply in the Republic of Ireland inasmuch as it aims to control the non-medical use of prescribed and non-prescribed drugs. The obvious difference is that it is divided into three classes as opposed to five schedules.

Class A: These include cocaine and crack (a form of cocaine), ecstasy, heroin, LSD, methadone, processed magic mushrooms and any Class B drug which is injected.

Class B: These include amphetamine, barbiturates and codeine.

Class C: These include mild amphetamines, anabolic steroids, minor tranquillisers and cannabis (in resin, oil or herbal form).

Under the Act, a person commits an offence if, being the occupier or concerned in the management of any premises, he knowingly permits the production or supply of drugs to take place on the premises.

Below is a table containing information on the maximum penalties that can be imposed for breaches of the Misuse of Drugs Act in Northern Ireland.

Drug class	Possession	Supply
Class A	7 years + fine	Life + fine
Class B	5 years + fine	14 years + fine
Class C	2 years + fine	14 years + fine

N.B. Certain controlled drugs such as amphetamines, barbiturates, methadone, minor tranquillisers and occasionally heroin can be obtained through a legitimate doctor's prescription. In such cases their possession is not illegal.

Doping in Sport

'Doping' refers to an athlete's use of prohibited drugs or methods to improve training and sporting results or to mask the presence of a prohibited substance.

The Irish Sports Council and Sports Northern Ireland work together to implement the guidelines laid down by the World Anti-Doping Agency to eradicate doping in sport.

The GAA is fully committed to supporting the work of these organisations in their stance against doping in sport and have developed an Anti-Doping Code which can be found at www.gaa.ie/asap and click on the 'Downloads' page.

Drug testing

The anti-doping testing procedures are carried out by the Doping Control Officers on behalf of the Irish Sports Council. It is a tightly controlled process to ensure a minimum margin for error. DCO's can arrive at training sessions or matches without notice and request that a player provide a urine sample for analysis.

The testing process not only screens the sample for performance enhancing substances and methods on the Prohibited List produced annually by the World Anti-Doping Agency, but also for illegal substances such as those covered in section three of this manual.

The urine sample is divided into two containers marked A and B and sent to a laboratory to be tested for the presence of banned substances/methods. If sample A proves to be negative sample B is disposed of. If sample A is found positive, sample B will be tested and should this also be found to contain a banned substance/method, a positive find will be declared.

If the presence of a banned substance/method is detected the player will be informed within two weeks and an investigation will be commenced. Should a player be found guilty of using a banned substance/method he will be subject to a suspension from all GAA activities for up to 96 weeks.

Refusal by a player to take a drug test or an attempt to tamper with doping controls will be subject to the same punishments as a positive finding for banned/illegal substances.

Even if a player claims to have taken something by accident, it is still considered doping. Ultimately, the individual player is responsible for everything that goes into his body.

Supplements

The use of food supplements such as creatine has been gaining in popularity in recent times and remains controversial. While no evidence of its harm has been shown many scientists believe they are not without risk, especially to growing children.

International studies have shown that a sizable portion of the supplements that are available on the market contain banned substances. This is more likely to be true of supplements which claim to be muscle building or fat burning. These supplements have been shown to contain anabolic steroids, stimulants and other contaminants.

Continued on next page

The Irish Sports Council recommends that athletes do not use sports supplements for the following reasons:

- A correct dietary and nutritional regime will provide all the potential benefits of sports supplements.
- Given the WADA rule on strict liability, players are risking the possibility of inadvertent positive tests by taking supplements.
- It is inappropriate for any junior player to be taking supplements that could have an impact on their physical development.

In order to adhere to the GAA Anti-Doping Code players should...

- Inform the team doctor of any medications or supplements they are taking.
- Inform any doctor who prescribes medication that they are liable to be tested under the WADA rules and ask them to check the suitability of the medication they are prescribing in the Monthly Index of Medical Supplements (MIMS).
- Remember they are responsible for any substance detected in their body.
- Check all medications/supplements they plan to take are suitable to do so by referring to the www.eirpharm.com website for Republic of Ireland or www.100percentme.co.uk for Northern Ireland.
- Remember that illegal drugs are also tested for and can cause a positive test result.
- Know that refusing to undergo testing is often treated as severely as a positive test.
- Be aware of their rights and responsibilities regarding drug testing.

Therapeutic Use Exemption

There are times when it is legitimate to use medicines that are on the WADA Prohibited List.

In these instances players must request a Therapeutic Use Exemption Form from their doctor.

As with all prescribed medication, it must only be used in the exact manner in which it is prescribed. Certain medications require that an athlete complete a Declaration of Use Form eg corticosteroids by inhalation. For further information on see www.irishsportsCouncil.ie/anti-doping

SECTION FOUR

ALCOHOL

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SORT IT OUT...
ASAP
Alcohol & Substance Abuse Prevention







How Does It Affect the Body?

Most people drink because they enjoy how it makes them feel. The majority of people drink socially and are responsible when they use alcohol.

In very small amounts, alcohol can help a person feel more relaxed or less anxious. In larger amounts alcohol causes greater changes in the brain, resulting in intoxication. People who have consumed larger amounts of alcohol may stagger, lose their coordination and slur their speech. They will probably be confused and disoriented. Reaction times are slowed dramatically, which is why it is dangerous to drink and drive. People who are intoxicated may think they're moving properly when they're not. They may act totally out of character. Depending on the person, intoxication can make someone very friendly and talkative or very aggressive and angry. It is often the people who are normally quiet and friendly who become loud and aggressive when drunk and those who would normally be anxious or hyperactive often become quieter and more relaxed after drinking.

Why Do Teenagers Drink?

From a very young age, children see alcohol as an integral part of Irish society and therefore alcohol seems harmless to many teenagers. Experimentation with alcohol during the teen years is common. Some reasons that teens use alcohol (and other drugs) are:

- curiosity
- to feel good
- to reduce stress
- to relax
- to fit in
- to feel older

What can I do?

If you know or suspect a teenager is drinking -

- Ask them not to drink. Teenagers like to know what the rules are.
- Suggest alternatives to them, such as minerals, non-alcoholic beers or wines.
- Drop them off and pick them up from where they are likely to go drinking. Most underage drinking is done before and after going to a match/disco/concert.
- Wait up for them. If the teenager knows they will have to face you or another adult at the end of the night they may drink much less, if at all.

Tell them never to:

- leave a drink around where it could be spiked
- mix drugs and alcohol
- drive after drinking or using drugs
- accept a lift from someone who has been drinking or using drugs
- leave a party or club alone

Alcohol and The Law

There are a number of laws relating to the sale and use of alcohol. Below is a list of the laws that are most commonly misunderstood.

Alcohol laws in the Republic of Ireland

- It is an offence to knowingly sell alcohol to a person under 18 years of age.
- It is an offence for a person under 18 to purchase alcohol.
- It is an offence for a person under 18 to represent themselves as being over 18 in order to obtain alcohol.
- It is an offence for a person under 18 to consume alcohol except with the explicit consent of their parent/guardian in a private residence.
- Children under 15 may be in the bar of a licensed premises only if accompanied by a parent/guardian, but not after 9 pm.
- Young people aged 15-17 may be in the bar of a licensed premises unaccompanied, but not after 9 pm.
- Children under 15 accompanied by a parent/guardian and/or young people aged 15-17 may be in the bar of a licensed premises after 9 pm if attending a private function where a substantial meal is being served e.g. a wedding reception.
- It is an offence to serve alcohol to a person who is drunk.

Alcohol laws in Northern Ireland

- It is an offence to knowingly sell alcohol to a person under 18 years of age.
- It is an offence to give alcohol to a child under 14 years of age.
- In some areas there are by-laws restricting drinking of alcohol on the streets at any age.
- Police have the power to confiscate alcohol from under 18s who drink in public places.
- It is an offence for any person to allow a person whom they know to be drunk to be present in, to buy, or consume alcohol in a licensed premises.
- It is an offence for anyone to buy alcohol for someone under 18 to drink on licensed premises.
- It is an offence for anyone to buy, consume or supply alcohol in licensed premises outside the permitted opening hours.
- It is an offence for anyone to be drunk on licensed premises.

Check your drinking

Many people secretly wonder if their drinking is a problem. The questionnaire on the next page will give you a good idea if your drinking is harmful to you or the people around you. It might be best if you do this privately and it is important that you answer all the questions honestly. Place the score that best describes your answer at the end of each line in the Sub Total box and add them up in the Final Total box at the bottom. On the following page you can check how these scores relate to you.

In this questionnaire a "drink" is...

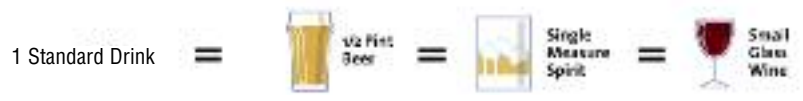
- a half a pint of beer • a single measure of spirits
- a small glass of wine • a spirit-based drink e.g. Smirnoff Ice

Pints and cans of beer count as two drinks.

A bottle of wine at 12.5% alcohol contains about seven standard drinks.



1 standard drink contains 10g of pure alcohol



Scores	0	1	2	3	4	Sub Total
How often do you have a drink containing alcohol?	Never	Monthly or less	2-4 times a month	2-3 times a week	4 or more times a week	
How many drinks containing alcohol do you have on a typical day when you are drinking?	1 to 3	3 or 4	5 or 6	7 to 9	10 or more	
How often do you have six or more drinks on one occasion?	Never	Less than Monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you found that you were not able to stop drinking once you started?	Never	Less than Monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you failed to do what was normally expected of you because of drinking?	Never	Less than Monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?	Never	Less than Monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than Monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you been unable to remember what happened the night before because of your drinking?	Never	Less than Monthly	Monthly	Weekly	Daily or almost daily	
Have you or someone else been injured because of your drinking?	No		Yes, but not in the last year		Yes, during the last year	
Has a relative, friend, doctor or other health care worker been concerned about your drinking or suggested that you cut down?	No		Yes, but not in the last year		Yes, during the last year	
© World Health Organisation						FINAL TOTAL:

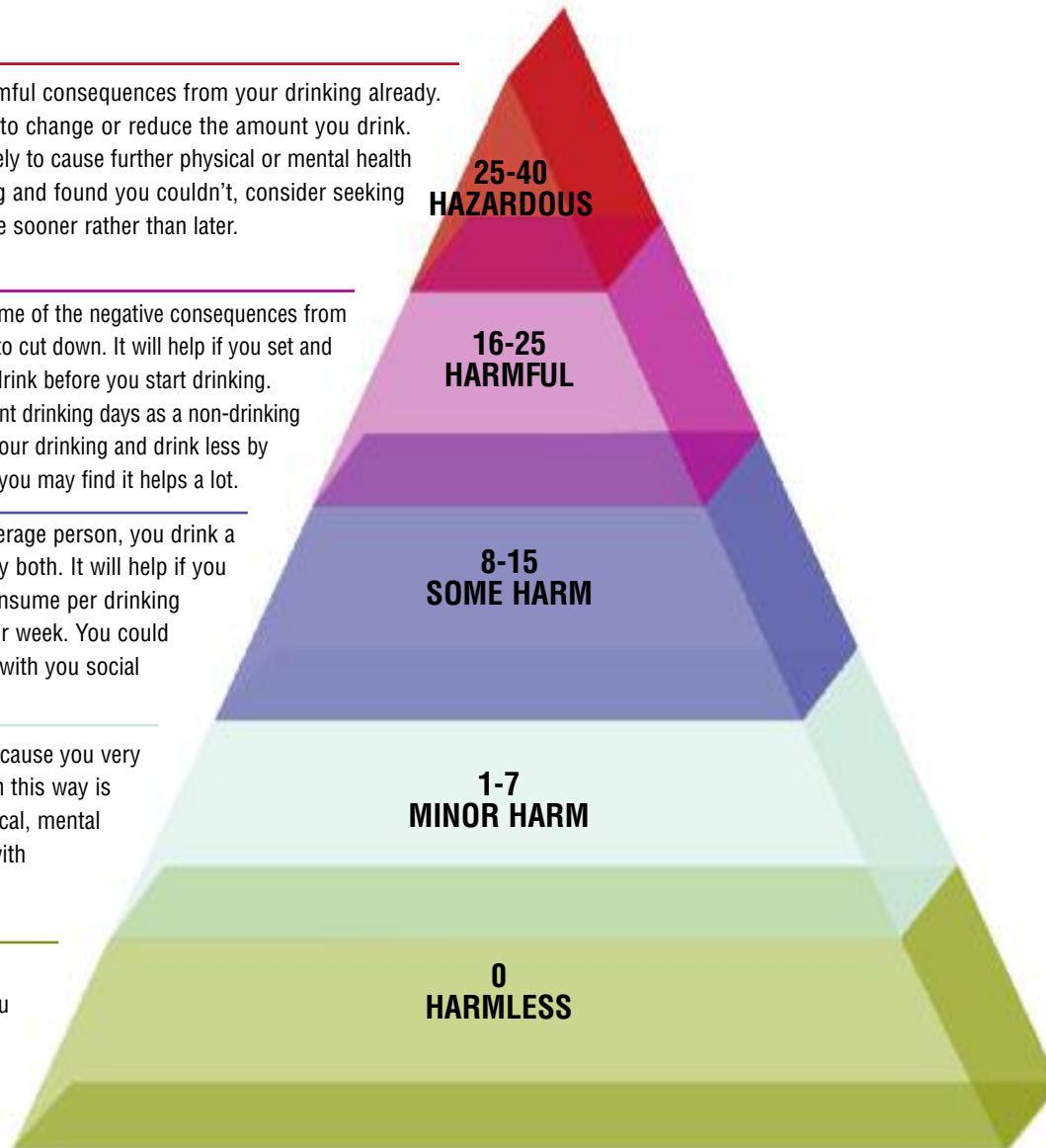
You probably have experienced harmful consequences from your drinking already. You may have unsuccessfully tried to change or reduce the amount you drink. Continuing to drink in this way is likely to cause further physical or mental health problems. If you have tried stopping and found you couldn't, consider seeking help from your GP or alcohol service sooner rather than later.

You may have already experienced some of the negative consequences from drinking and are aware of some need to cut down. It will help if you set and stick to limits on how much you will drink before you start drinking. Setting aside at least one of your current drinking days as a non-drinking day will help. Also if you slow down your drinking and drink less by alternating with non-alcoholic drinks, you may find it helps a lot.

Your score indicates that, for the average person, you drink a little too much, too often, or possibly both. It will help if you reduce the number of drinks you consume per drinking occasion and/or drink fewer days per week. You could probably do this without interfering with your social life in any significant way.

You are in the range that is likely to cause you very few problems. Continuing to drink in this way is going to help you to avoid the physical, mental and social problems that go along with heavier drinking.

Congratulations, you scored in the lowest risk range. This means that you are either abstaining from alcohol or keeping your drinking well within the established limits. Continuing to drink in this way is the healthiest possible way to approach alcohol.



The scores given above may be helpful for you to get a handle on your drinking and to decide if you need to change it in any way.

Most people who decide to change their drinking habits do so by themselves without any help.

If you do decide to change how you are drinking and want some advice on how to do it, you could speak to your GP or use one of the many services that are listed in the 'Where To Get Help' section of this manual.

Remember, no-one else can make this decision for you. It is completely up to you.

Alcohol and Sports Performance

Playing, celebrating and drinking.

The social side of Gaelic Games is very important and celebrating with team members after a match is a tradition in some clubs. However, if your celebrations involve drinking alcohol and especially if you drink to the point where you get drunk, this can seriously affect your fitness. If you take your sport seriously, and like to do the best you can for yourself and your team, it's worth knowing the facts and what you can do to reduce your risk of poor performance.

Effects of alcohol on your performance.

Greater risk of muscle cramps:

During exercise, your muscles burn sugar thereby producing lactic acid. Too much lactic acid leads to muscle fatigue and cramps. If you drink in the 24-hour period before a match the alcohol contributes to a bigger build up of lactic acid and dramatically increases your risk of cramping.

Greater risk for injuries and complications:

Alcohol increases the bleeding and swelling around soft tissue injuries (sprains, bruises, and cuts - the most common sports injuries) requiring a longer recovery period. Alcohol also masks pain, which may lead you to delay in getting treatment - rapid treatment can make all the difference in a speedy recovery. If you've been injured, avoid alcohol, as it will complicate your recovery.

Greater body heat loss:

Alcohol is a vasodilator (it causes the blood vessels near the surface of the skin to expand) and thereby promotes heat loss and a lowered body temperature.

Reduced endurance:

The blood sugar your body needs for energy is produced by the liver when it releases glucose into the blood stream. Drinking alcohol in the 48-hour period before a match reduces your body's ability to produce this sugar, so you have less energy and less endurance capacity.

Slower reactions:

Alcohol is a sedative and it can affect your performance during a game for up to 72 hours after you have finished drinking. Some players think they have less tension and increased relaxation as a result of alcohol. The actual result, however, is poorer hand-eye coordination and slower responses.

Dehydration:

Alcohol promotes water loss. It reduces the production of the anti-diuretic hormone, causing you to urinate more. This, in turn leads to dehydration.

Vitamin and Mineral Depletion:

Water loss caused by alcohol consumption involves the additional loss of important minerals such as magnesium, potassium, calcium, and zinc. These are vital to the maintenance of fluid balance, nerve and muscle action and coordination.

Reduced aerobic performance:

Alcohol reduces the body's ability to convert food to energy and also reduces carbohydrate/blood sugar levels. These effects, together with lactic acid build-up and dehydration, combine to reduce aerobic performance.

Muscle injury:

The usual treatment for injury (rest, ice, compression, elevation) can be negated due to the painkilling effect of alcohol. If you can't feel the pain of your injury you are less likely to take care of it and slow your recovery time or even cause further damage.

So, no matter how much training and conditioning you've put in, drinking up to 72 hours before a match will take the edge off your fitness. If you want to be the very best you can be at your sport, you'll have more of a chance of achieving that by not drinking alcohol.

However if you do want to drink, it's best to drink a little and not too often.

SECTION FIVE

WHERE TO GET HELP

A 32-county directory of drug and alcohol agencies

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SORT IT OUT...
ASAP
Alcohol & Substance Abuse Prevention

Where to get help - index

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<p>NATIONAL Alanon/Alateen – N. Ireland Tel.: 020 7403 0888 alanonuk@aol.com www.al-anonuk.org.uk Al-Anon Info Centre, Peace House 224 Lisburn Road, Belfast, BT9 6GE.</p> <p>A fellowship of people whose lives have been or are being affected by other peoples drinking. Alanon and Alateen hold weekly meetings all over Ireland.</p>	<p>NATIONAL Alanon/Alateen - Rep of Ireland Tel.: 01 8732699 Al Anon/Alateen Information Centre 5/6 Capel Street, Dublin 1.</p> <p>A fellowship of people whose lives have been or are being affected by other peoples drinking. Alanon and Alateen hold weekly meetings all over Ireland.</p>
<p>NATIONAL Alcoholics Anonymous – N. Ireland Tel.: 028 90434848 www.alcoholicsanonymous.ie 7 Donegal Street Place, Belfast, BT1 2FN County Antrim.</p> <p>A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Requirement for membership? - a desire to stop drinking.</p>	<p>NATIONAL Alcoholics Anonymous – Rep of Ireland Tel.: 01 4538998 ala@indigo.ie www.alcoholicsanonymous.ie 109 South Circular Road, Leonard's Corner, Dublin 8.</p> <p>A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Requirement for membership? - a desire to stop drinking.</p>
<p>NATIONAL Drug Helpline – N. Ireland Freephone: 0800 77 66 00</p> <p>Provides information on drugs and how to contact the most appropriate services in your local area.</p>	<p>NATIONAL Drug Helpline – Rep of Ireland Freephone: 1800 459 459</p> <p>Providing free and confidential guidance to anyone concerned with drug use or HIV infection. Offers information on drugs, HIV testing, safer sex and sexually transmitted infections.</p>
<p>NATIONAL Narcotics Anonymous - N. Ireland Tel.: 07810 172991 www.nanorthernireland.com contact@nanorthernireland.com PO Box 543, Tomb St., Belfast, BT1 1AA.</p> <p>Community based organisation for recovering addicts. NA members learn from one another how to live drug-free and recover from the effects of addiction in their lives. Requirement for membership? - a desire to stop using drugs.</p>	<p>NATIONAL Narcotics Anonymous – Rep of Ireland Tel.: 01 6728000 www.na.ireland.org Narcotics Anonymous Ireland, 4/5 Eustace Street, Dublin 2.</p> <p>Community based organisation for recovering addicts. NA members learn from one another how to live drug-free and recover from the effects of addiction in their lives. Requirement for membership? - a desire to stop using drugs.</p>

NATIONAL
Drugs and Alcohol
 Tel.: 01 836 0911
 www.dap.ie
 Red House,
 Cloniffe College,
 Drumcondra, Dublin 3.
 Services Provided:
 • Training and drug education • Support
 • Counselling • Advocacy
 • Confidential interactive website • Text service

NATIONAL
Aisling Group International
 Tel/Fax.: 046 9074300
 www.aislinggroup.ie
 friendsofaisling@eircom.net
 P.O. Box 26, Bradan House, Navan.
 Services Provided: • Counselling / Recovery programme • Nationwide referral service • Drug / Alcohol training/education • Community Group dev. • Drug policy dev. • Family / Organisation Support • Safe Passage and Early Intervention programmes.

ASAP Resources



ASAP Website



ASAP DVD & Insert Booklet




ASAP DL Brochure

In addition to the professional services available throughout Ireland, the GAA also provide further guidance on alcohol and other drug related issues on www.gaa.ie/asap

The **Club Matters DVD** gives guidance on how to respond to these issues in your club. To get a copy of the DVD for your club, please contact Alcohol & Substance Abuse Prevention (A.S.A.P.) Programme, Gaelic Athletic Association, Connacht Council Office, Clare Street, Ballyhaunis, County Mayo.

Ph. (094) 9631804 Fax (094) 9630175
brendan.murphy@gaa.ie

<p>ANTRIM</p> 	<p>ANTRIM</p> <p>AIDS, Care, Education & Training (ACET) Tel.: 028 9032 0844 www.acet.ie belfast@acet.ie Unit 1, Spires Centre, Belfast, Co. Antrim, BT1 6DW.</p> <p>Services Provided: • Education/prevention programmes for young people, parents / carers • Accredited 10 Session Programme • Specialist resource • Open referral • Advice/support</p>
<p>ANTRIM</p> <p>Alliance Pharmacy Tel.: 028 2564 5994 2 Queens Street, Ballymena, BT42 2BB.</p> <p>Services Provided: • Harm reduction advice and support • Onward referral • Needle and syringe exchange</p>	<p>ANTRIM</p> <p>Antrim Youth Information Centre Tel.: 028 9442 9844 www.ayic.co.uk ayic@antrim.gov.uk 10a High Street, Antrim, Co. Antrim, BT41 4AN.</p> <p>Services Provided: • Information and education • Counselling for those aged 8-26 years who have been affected by drugs, alcohol and other youth related issues</p>
<p>ANTRIM</p> <p>Ballymena Family and Addicts Support Group Tel.: 028 2563 2726 www.bfasg.org.uk 60-64 Mill Street, Ballymena, Co. Antrim, BT43 5AF.</p> <p>Services Provided: • Advice & Information • Counselling • Complementary therapies • Aftercare • Self help • Education & prevention programmes (18+) • Drop-in services</p>	<p>ANTRIM</p> <p>Ballymena Family and Addicts Support Group (BFASG) Tel.: 028 2563 2726 support@bfasg.org.uk www.bfasg.org.uk The Hope Centre, 60-64 Mill Street, Ballymena, BT43 5AF.</p> <p>Services Provided: • For 18yrs+ • Open referral • Family support • Advice • Specialist resource for other agencies • Complimentary therapies • Counselling • Recovery Programmes</p>
<p>ANTRIM</p> <p>Barnados: The Pharos Project Tel.: 028 9066 3470 23 Windsor Avenue, Belfast, Co. Antrim, BT9 6EE.</p> <p>Services Provided: • Services to families with parental substance misuse • Support / counselling • Individual work with children • Parenting / couple / family / group work</p>	<p>ANTRIM</p> <p>Belfast Education & Library Board Tel: 028 9056 4000 40 Academy Street, Belfast, BT1 2NQ</p> <p>Services Provided: • Support, advice & training to schools on drug education</p>

ANTRIM	ANTRIM
<p>Belfast Health and Social Services Trust Life Education Project Tel: 028 9060 4208 www.lifeeducation.org.uk bernie.donaghy@nwb.n-i.nhs.uk 124 Stewartstown Road, Belfast, Co. Antrim, BT11 9JQ.</p> <p>Services Provided: • Age appropriate education / prevention • Work with children aged 4-11 • Mobile classroom • Parent sessions</p>	<p>Belfast Community Addiction Service Tel.: 028 9073 7573 1 Woodstock Link, Belfast, Co. Antrim, BT6 8DD.</p> <p>Services Provided: • Multi-disciplinary treatment • Onward referral • Community Detox • Prescribed drugs misuse service • For ages 18+ • Substitute prescribing • Counselling • Family Support • Advice and support • Support groups</p>
ANTRIM	ANTRIM
<p>Belfast Health and Social Services Trust Drug and Alcohol Misuse Mental Health Service (DAAMHS) Tel: 028 9020 4600 Young People's Centre, 10 College Gardens, Belfast, Co. Antrim, BT9 6BQ.</p> <p>Services Provided: • Support for young people with complex dual diagnosis needs • For ages 17 and under • Counselling • Structured activities • Family support • Advice and support</p>	<p>Boots Pharmacy Needle & Syringe Exchange Scheme Tel.: 028 25313140 Health Centre, Cushendall Road, Ballymena, Co. Antrim, BT43 6HQ.</p> <p>Services Provided: • For injecting drug users 16+ • Needle and syringe exchange • Harm reduction advice and support • Onward referral</p>
ANTRIM	ANTRIM
<p>Carlisle House Tel: 028 9032 8308 2-4 Henry Place, Clifton Street, Belfast, Co. Antrim, BT15 2BB.</p> <p>Services Provided: • 4-8 week residential programme • For ages 18+ • Counselling • Family support • Advice and support • Complimentary therapies • Support groups • Helpline</p>	<p>Carrickfergus Community Drug & Alcohol Advisory Group Tel.: 028 9335 1562 www.ccdaag.org office@ccdaag.org 4 Cheston Street, Carrickfergus, Co. Antrim, BT38 7BH.</p> <p>Services Provided: • Training • Education and prevention</p>
ANTRIM	ANTRIM
<p>Contact Youth Tel: 028 90320092 14 College Square North, Belfast BT1 6AS.</p> <p>Services Provided: • For ages 25 and under • Counselling • Mentoring • Family support • Helpline • Advice and support • Support groups</p>	<p>CODA Tel.: 028 9046 9261 www.codaproject.org 116 Castlereagh Street, Belfast, BT5 4NL.</p> <p>Services Provided: • Training courses • Advice and support to families • Education and Prevention • Community development</p>

SECTION FIVE -
WHERE TO GET HELP

<p>ANTRIM</p> <p>Coleraine Rural & Urban Network (CRUN) Tel: 028 7034 4934 www.crun.org 1a Railway Road, Coleraine, Co. Antrim, BT52 1PD.</p> <p>Services Provided: • Targeted education and prevention programmes for vulnerable / at risk young people, adults and parents • Specialist resource for other agencies • Onward referral • Advice and support</p>	<p>ANTRIM</p> <p>Community Addiction Service Tel.: 028 2565 8462 Cullybackey Road, Ballymena, Co. Antrim, BT43 5DT.</p> <p>Services Provided: • Advice & Information • Individual and Group Counselling • Community detoxification • In-patient detoxification and treatment • Education & prevention programmes</p>
<p>ANTRIM</p> <p>Community Addiction Team Tel.: 028 9266 8607 TSL House, 38 Bachelors Walk, Lisburn, Co. Antrim, BT28 1XN.</p> <p>Services Provided: • For ages 18+ • Detox • Substitute prescribing • Counselling • Family support • Advice and support • Support groups</p>	<p>ANTRIM</p> <p>Down and Connor Pioneer Association Tel.: 028 9049 2424 511 Ormeau Road, Belfast, Co. Antrim, BT7 3GS.</p> <p>Services Provided: • Advice • Education • Self help</p>
<p>ANTRIM</p> <p>Drug Outreach Team - Belfast Health and Social Care Trust Tel.: 028 9050 0150 14 Lower Crescent, Belfast, Co. Antrim, BT7 1NR.</p> <p>Services Provided: • Harm reduction advice and support for Heroin Users • For ages 18+ • Family support • Training and education • Advice and support • Drop-in • Support Groups</p>	<p>ANTRIM</p> <p>Dunlewey Substance Advice Centre Tel.: 028 9061 1162 substanceabuse@btconnect.com 226 Stewartstown Road, Belfast, Co. Antrim, BT17 0LB.</p> <p>Services Provided: • Structured individual counselling / mentoring • Assessment and care planning • Specialist resource for other agencies • Referral to other specialist services • Family work • Aftercare • Advice and support</p>
<p>ANTRIM</p> <p>Dunlewey Substance Advice Centre Tel.: 028 9074 3999 substanceabuse@btconnect.com 228 Antrim Road, Belfast, Co. Antrim, BT15 2AN.</p> <p>Services Provided: • Structured individual counselling / mentoring • Assessment and care planning • Specialist resource for other agencies • Referral to other specialist services • Family work • Aftercare • Advice and support</p>	<p>ANTRIM</p> <p>Dunlewey Substance Advice Centre Tel.: 028 2565 2105 substanceabuse@btconnect.com 80 Broughshane Street, Ballymena, Co. Antrim, BT43 6ED.</p> <p>Services Provided: • Structured individual counselling / mentoring • Assessment and care planning • Specialist resource for other agencies • Referral to other specialist services • Family work • Aftercare • Advice and support</p>

<p>ANTRIM</p> <p>Eastern Area Health Promotion, Communication, Resource and Information Service (CRIS) Tel.: 028 9055 3704 info@eahealthpro.org www.eahealthpro.org Champion House, 12-22 Linenhall Street, Belfast, Co. Antrim, BT2 8BS.</p> <p>Services Provided: • Education and prevention leaflets, posters, teaching packs • Information on Statistics and Research</p>	<p>ANTRIM</p> <p>EXTERN Tel.: 028 9033 0433 Multi-Disciplinary Homeless Support Team 153 University Street, Belfast, BT7 1HR.</p> <p>Services Provided: • Specialist, intensive support or homeless people or those at risk of losing their home resulting from substance misuse • Counselling • Family Support • Training / Education • Advice / Support</p>
<p>ANTRIM</p> <p>Falls Community Council Community Drug Programme Tel.: 028 9020 2030 www.fallscouncil.com 275-277 Falls Road, Belfast, Co. Antrim, BT12 6FD.</p> <p>Services Provided: • Training • Family Support • Information and Support • Education and prevention programmes for parents and young people • Community development</p>	<p>ANTRIM</p> <p>Forum for Action on Substance Abuse and Suicide Awareness (FASA) Tel.: 028 9080 3040 www.fasaonline.org info@fasaonline.org Bingham House, 16 Woodvale Road, Belfast, Co. Antrim, BT13 3BS.</p> <p>Services Provided: • Support and counselling relating to suicide and self harm • Training • Treatment • Early interventions • Alternative therapies • Support and counselling • Education and prevention • Community development</p>
<p>ANTRIM</p> <p>Homefirst Community Trust Addiction Services Tel.: 028 2563 5575 www.homefirst.n-i.nhs.uk Spruce House, Cushendall Road, Ballymena, Co. Antrim, BT43 6HQ.</p> <p>Services Provided: • Support and counselling • Education and prevention</p>	<p>ANTRIM</p> <p>Living Rivers Trust (Beach House) Tel.: 028 2565 4700 beachhouse@livingrivers.com www.livingrivers.com Trust Headquarters, 2-4 Railway Street, Ballymena, Co. Antrim, BT42 2AB.</p> <p>Services Provided: • Supported accommodation • Support programmes • Promotion of independent living • Specialist resource for other agencies • Advice and support</p>
<p>ANTRIM</p> <p>North East Education and Library Board (Youth Service) Tel.: 028 9448 2207 www.neelb.org.uk Antrim Board Centre, 17 Lough Road, Antrim, BT41 4DH.</p> <p>Services Provided: • Training • Education and prevention</p>	<p>ANTRIM</p> <p>Northern Health and Social Care Trust (CAMHS) Tel.: 028 9441 5700 nigel.morris@northerntrust.hscni.net Child & Adolescent Mental Health Service, Massereene House, Antrim, BT41 4AB.</p> <p>Services Provided: • For those aged up to 18 with both mental health difficulties and substance misuse problems</p>

SECTION FIVE -
WHERE TO GET HELP


<p>ANTRIM</p> <p>Northern Health and Social Services: Addiction Services Tel.: 028 2563 1970 www.northerntrust.hsc.net enquiries.cas@northerntrust.hscni.net 105a Railway Street, Ballymena, Co. Antrim, BT42 2AF.</p> <p>Services Provided: • Training • Treatment • Support and counselling • Education and prevention • Needle and syringe exchange</p>	<p>ANTRIM</p> <p>Northern Health and Social Care Trust Tel.: 028 9441 3290 enquiries.cas@northerntrust.hscni.net www.northerntrust.hscni.net Carrick1, In-patient Addictions, Holywell Hospital, 60 Steeple Rd, Antrim, BT41 2RJ. Services Provided: • In-patient detoxification • Substitute prescribing • Relapse prevention • Psychological interventions / treatments • Specialist research for other agencies • Advice and support • Education</p>
<p>ANTRIM</p> <p>Northern Ireland Community Addiction Service (NICAS) Tel.: 028 9066 4434 40 Elmwood Avenue, Belfast, Co. Antrim, BT9 6AZ.</p> <p>Services Provided: • Specialist treatment services for the elderly and offenders • Counselling • Advice • Support • Education • Creche facilities</p>	<p>ANTRIM</p> <p>Northern Ireland Community Addiction Service (NICAS) Tel.: 028 9073 1602 219 Albertbridge Road, Belfast, Co. Antrim, BT5 4PU.</p> <p>Services Provided: • Specialist treatment services for the elderly and offenders • Counselling • Advice • Support • Education • Creche facilities</p>
<p>ANTRIM</p> <p>Northern Ireland Community Addiction Service (NICAS) Tel.: 028 90330499 461 Falls Road, Belfast, Co. Antrim, BT12 6DD.</p> <p>Services Provided: • Specialist treatment services for the elderly and offenders • Counselling • Advice • Support • Education • Creche facilities</p>	<p>ANTRIM</p> <p>Opportunity Youth Tel.: 028 9043 5810 www.opportunity-youth.org info@opportunity-youth.org Hilldon House, 30-34 Hill Street., Belfast, Co. Antrim, BT1 2LB. Services Provided: • Youth Treatment/Support Service • Targeted Education Programmes for vulnerable young people • Peer Education • Mentoring • Advice • Counselling • Support • Training the trainers • Residential</p>
<p>ANTRIM</p> <p>Parents Advice Centre Tel.: 028 2565 0102 Helpline 0808 8010 722 www.parentsadvicecentre.org 75 Wellington Street, Ballymena, Co. Antrim, BT43 6AD.</p> <p>Services Provided: • Information, support and counselling</p>	<p>ANTRIM</p> <p>Parents Advice Centre Tel.: 028 9031 0891 Helpline 0808 8010 722 www.parentsadvicecentre.org Franklin House, 12 Brunswick Street, Belfast, Co. Antrim, BT2 7GE.</p> <p>Services Provided: • Information, support and counselling</p>

<p>ANTRIM</p> <p>Progress2Work NI Tel.: 028 9060 0938 Unit 2, Dairy Farm Centre, Stewartstown Road, Belfast, BT17 0AW.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Advice and support on re-entering the world of work • Training & Education 	<p>ANTRIM</p> <p>Rosemount House Tel.: 028 9077 9740 www.rosemounthouse.org rosemounthouse@ntlworld.com 294 Antrim Road, Belfast, Co. Antrim, BT15 5AA.</p> <p>Services Provided: • Advice • Counselling • Training • Education and prevention • Support • Accommodation (alcohol free hostel) • Self help • Helps clients to find permanent accommodation</p>
<p>ANTRIM</p> <p>Springwell House Tel.: 028 9024 88011 377-381 Springfield Road, Belfast, Co. Antrim, BT2 7DG.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Hostel catering for people with substance misuse issues • For ages 25+ • Residential rehab • Counselling • Training and education • Advice and support 	<p>ANTRIM</p> <p>Teenagers Involved in Protecting Selves around Alcohol (TIPSA) Tel.: 028 8676 3388 info@cookstownhelp.com www.cookstownhelp.com Gortalowry House, 94 Church Street, Cookstown, Co. Antrim, BT80 8HX.</p> <p>Services Provided: • Education/prevention programmes with vulnerable young people, adults & parents • Specialist resource • Onward referral • Advice / support</p>
<p>ANTRIM</p> <p>YMCA Lisburn Tel.: 028 9267 0918 www.lisburnymca.com 28 Market Street, Lisburn, Co Down, BT28 1AG.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Universal alcohol education programme in schools throughout the Belfast Education Library Board Area 	
<p>ANTRIM</p> <p>Youth Council For Northern Ireland Tel.: 028 9064 3882 jmccormick@youthcouncil-ni.org.uk Forest View, Purdy's Lane, Belfast, Co. Antrim, BT10 0QH.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Training • Education and prevention 	

<p>ARMAGH</p> 	<p>ARMAGH</p> <p>Breakthru Tel: 028 8775 3228 Freephone: 0808 800 2020 www.breakthru.co.uk 18 Killymeal Road, Dungannon, Co. Armagh, BT71 6ZJ.</p> <p>Services Provided: • Community Development • Education / information • Targeted programmes • Work with parents • Accredited training • Onward referral • Suicide Prevention • Self harm • Outreach counselling • Work with marginalised groups</p>
<p>ARMAGH</p> <p>Child and Adolescent Substance Misuse Practitioner Tel: 028 3839 2112 Bocombra Lodge, 2 Old Lurgan Road, Portadown, Co. Armagh.</p>	<p>ARMAGH</p> <p>Community Addiction Team Tel: 028 3752 2381, ext 2147 addictionunit@adhsst.n-i.nhs.uk St Luke's Hospital, Loughgall Road, Armagh, BT61 7NQ.</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> • Substance abuse worker • GP referral • For children up to 18 years 	<p>Services Provided: • Multi-disciplinary treatment • Onward referral • Inpatient detox • Prescribed drugs misuse service • For ages 18+ • Substitute prescribing • Counselling • Family Support • Advice • Hospital Liaison</p>
<p>ARMAGH</p> <p>DAWN Tel.: 028 3834 4499 327 Westacres, Craigavon, Co. Armagh, BT65 4BD.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Specific, tailored programmes for parents and young people • Accredited training • 1:1 work with young people 	
<p>ARMAGH</p> <p>Lurgan YMCA Tel.: 028 3832 1025 info@ymcalurgan.com 42a High Street, Lurgan, Co Armagh, BT66 8AU.</p>	
<p>Services Provided:</p> <ul style="list-style-type: none"> • Cross community youth centre • Training programmes • Outreach • After-school drop-in • Structured programmes 	

<p>ARMAGH</p> <p>Mount Zion House Tel.: 028 3832 4680 56 Edward Street, Lurgan, Co. Armagh, BT66 6DB.</p> <p>Services Provided: • Independent living for young people aged 18-25 • Advice centre • Childcare unit • Restaurant • Conference facilities • Domiciliary care project • Onward referral to suicide prevention (PIPS), Homestart and AA</p>	<p>ARMAGH</p> <p>REACT Tel.: 028 4176 2337 llovereact@aol.com The Nautilus Centre, Rooney Road, Kilkeel, Co. Down, BT34 4AG.</p> <p>Services Provided: • Drug & alcohol information • Workshops • Community initiatives • Education and awareness • Accredited training • Work with the migrant community • Hidden harm issues • Partnership with State and Youth agencies</p>
<p>ARMAGH</p> <p>Southern Education and Library Board (Youth Section) Tel.: 028 3751 2437 3 Charlemont Place, The Mall, Armagh, BT61 9AX.</p> <p>Services Provided: • Field officer • Support to voluntary and statutory bodies • Onward referral towards training and other supportive bodies</p>	<p>ARMAGH</p> <p>SPRING Trust Ltd Tel.: 028 3751 1611 spring.project@tiscali.co.uk 19 Mullacreevie Park, Armagh, BT60 4BA.</p> <p>Services Provided: • Training • Education and prevention</p>
<p>ARMAGH</p> <p>Young Person's Project (YPP) Tel.: 028 3839 1155 Bryan.Gormley@southerntrust.hscni.net Southern Health & Social Care Trust, 2 Old Lurgan Road, Portadown, Co. Armagh, BT63 5SG.</p> <p>Services Provided: • Individual / group work • Support / counselling • Focus on family relationships, anger management, self esteem • Education and prevention • Onward referral • Community development</p>	<p>CARLOW</p> 
<p>CARLOW</p> <p>Carlow / Kilkenny Substance Misuse Team Tel.: 056 778 4638 Kickam Street, Kilkenny.</p> <p>Services Provided: • Counselling • Drug Treatment • Methadone Prescription</p>	<p>CARLOW</p> <p>Carlow Community Based Drug Initiative (Carlow CBDI) Tel.: 059 9140616 angelaakeogh@aol.ie lculleton06@eircom.net Carlow Regional Youth Service, Kennedy Street, Carlow.</p> <p>Services Provided: • Information & support • Parent & family support • Drug education • Peer education</p>

SECTION FIVE -
WHERE TO GET HELP

<p>CARLOW</p> <p>HSE Alcohol & Addiction Services Tel.: 059 9136317 St. Dymphna's Hospital, Carlow.</p> <p>Services Provided</p> <ul style="list-style-type: none"> • Inpatient treatment • Outpatient treatment • Aftercare • Counselling • Advisory Services • Treats alcohol, drugs, gambling and prescription drug addiction in adults 	<p>CARLOW</p> <p>North Carlow Community Based Drug Initiative Tel.: 085 1391701 Bishop's House, Tullow, Co. Carlow.</p> <p>Services Provided</p> <ul style="list-style-type: none"> • Information & support • Parent & family support • Drug education • Peer education
<p>CARLOW</p> <p>St Francis Farm Tel.: 059 9151369 www.mqi.ie Beaumont House, Tullow, Co. Carlow.</p> <p>Services Provided</p> <ul style="list-style-type: none"> • 1 year Residential Programme • Treatment for former long term drug users • Open referral 	<p>CAVAN</p> 
<p>CAVAN</p> <p>Cavan/Monaghan Drug Awareness Tel.: 042 966 6983 cdatrust@eircom.net Henry Street, Bailieborough, Co. Cavan.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Information • Outreach • Family Support • Parental adult drugs education 	<p>CAVAN</p> <p>Cavan / Monaghan Drug Education Initiative Tel.: 047 71663 Monaghan Neighbourhood Youth Project, Ardree House, Glen Road, Monaghan.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Individual work • Group work • Family support • Advice and information • Peer education
<p>CAVAN</p> <p>Drugwiser Support Group Tel.: 077 4969 9243 74 Sycamore Drive, Enniskillen, Co. Fermanagh, BT74 4EW.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Support meetings for friends and family of drug and alcohol users • Enniskillen based, serves west Cavan 	<p>CAVAN</p> <p>Traveller & Drugs Project Tel.: 049 4377055 1 Tower Hamlet, Farnham Street, Cavan.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Drugs information for Travellers and their families • Support groups for Travellers and family members • Drug education/prevention

<p>CLARE</p> 	<p>CLARE</p> <p>Bushypark Treatment Centre Tel.: 065 684 0944 Ennis, Co. Clare.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient treatment • Aftercare • Counselling and advisory services for adults
<p>CLARE</p> <p>Clarecare Tel.: 065 682 8178 Harmony Row, Ennis, Co. Clare.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient treatment • Aftercare • Counselling and advisory services for adults 	<p>CLARE</p> <p>Clare Community Drug and Alcohol Service Tel.: 065 6869852 Museum House, France Street, Ennis, Co. Clare.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Information and advice • Outreach work
<p>CLARE</p> <p>Ennistymon Day Hospital Tel.: 065 7071611 Ennis Road, Ennistymon, Co. Clare.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient treatment • Aftercare • Counselling and advisory services for adults 	<p>CLARE</p> <p>Kilrush Day Hospital Tel.: 065 9054100 West Clare Mental Health Services, St. Joseph's Terrace, Kilrush, Co. Clare.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Medication • Education
<p>CLARE</p> <p>Our Lady's Day Hospital Tel.: 065 682 1414 Gort Road, Ennis, Co. Clare.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient treatment • Aftercare • Counselling and advisory services for adults 	

<p>CORK</p> 	<p>CORK</p> <p>Alcoholics Anonymous (AA) Tel.: 021 4500481 www.alcoholicsanonymous.ie P.O. Box 137, Colso Industrial Park, Cork City.</p> <p>Services Provided: • Self-help support group for people with alcohol related problems</p>
<p>CORK</p> <p>Al-Anon Family Groups Tel.: 021 4311899 www.al-anonuk.org.uk/www.al-anon.org P.O. Box 55, Togher, Cork City.</p> <p>Services Provided: • Aim to help the families and friends of alcoholics and problem drinkers • Groups are anonymous and self-supporting • 30 weekly groups</p>	<p>CORK</p> <p>Anchor Treatment Centre Limited Tel.: 022 42559 anchorcentre@eircom.net Spa Glen, Mallow, Co. Cork.</p> <p>• Assessment • 10 week programme treating alcohol/drugs/gambling dependency • Ten week family programme for concerned persons • Continuing Care Programme • Counselling</p>
<p>CORK</p> <p>Arbour House and Community Counselling Services Tel.: 021 4968933 addictiontreatment@mailp.hse.ie HSE South, Substance and Alcohol Misuse Services, St. Finbarr's Hospital, Douglas Road, Cork City.</p> <p>Services Provided: • Consultation/assessment • Out-patient treatment for drug/alcohol addicted adults and young people • Family programmes • Methadone treatment</p>	<p>CORK</p> <p>Ballincollig Youth Initiative Tel.: 021 4810373 clare154@gmail.com Village Chambers, Village Shopping Centre, Ballincollig, Co. Cork.</p> <p>• Outreach, referral and support services to parents/ families • Individual support and group activities with young people • Education / awareness programmes for schools and youth groups</p>
<p>CORK</p> <p>Ballypheane Action for Youth Tel.: 021 4317784/4502112 reception@ograchorcai 20 Patricks Hill, Cork City.</p> <p>Services Provided: • Support/advice/information for 14-18 year olds, at risk or using drugs • Open referral • Guidance/support for young people and parents • Education • Group work • Onward referral • Onward referral</p>	<p>CORK</p> <p>Bandon Community Drugs Initiative Tel.: 023 20721 / 086 8251215 julie.cummins@foroige.ie Room 6, Town Hall, North Main Street, Bandon, Co. Cork.</p> <p>Services Provided: • For 14-23 year olds experiencing drug/alcohol problems • Outreach • Information/advice/support for young people and their families • Assistance to access further services</p>

CORK	CORK
<p>Before 5 Nursery & Family Centre Tel.: 021 4303561 before5centre@eircom.net Churchfield Hill, Churchfield, Cork City.</p> <p>Services Provided: • Access to community counselling services</p>	<p>Blackpool D.T.F. Project (Hillgrove) Tel.: 021 4500979 hillgrove.outreach@corkldtf.ie Room 4, Blackpool Community Centre, Great William O'Brien St., Blackpool, Cork.</p> <p>Services Provided: • Outreach, referral and follow through support services • One to one support for persons in recovery from addiction • Liaise with existing support services, agencies, etc</p>
CORK	CORK
<p>The Bridge Recovery Group Ltd Tel.: 021 4313411 bridgerecoverygroup@eircom.net Room 21, South Parish Community Centre, Sawmill Street, Cork City.</p> <p>Services Provided: • Day-Care • Ongoing support • Meditation • One to one and group counselling • In-school peer led drugs and alcohol education and awareness programme • Painting and decorating for the elderly</p>	<p>Carrigaline Youth Initiative Tel.: 021 4919635 deirdre.nagle@foroige.ie Carrigaline Community Complex, Carrigaline, Co. Cork.</p> <p>Services Provided: • Community based resource providing activities and programmes for 12-19yr olds • Managed by Foroige in Partnership with a local advisory committee</p>
CORK	CORK
<p>Club Cork Tel.: 021 4921670 / 021 4921649 hpd.south@hse.ie Health Promotion Department, HSE South, Eye, Ear and Throat Hospital, Western Road, Cork City.</p> <p>Services Provided: • Developed by Health Promotion Department, An Garda Siochana, local publicans • Inform pub/club employees of drug/alcohol misuse, exploring/identifying solutions • Drugs Task Force funded training</p>	<p>Cobh Community Drugs Initiative Tel.: 021-4814060 gemma@ymca-ireland.org c/o Convent of Mercy, Bishop's Road Cobh, Co. Cork.</p> <p>Services Provided: • For 14-23 year olds in recovery from drug / alcohol addiction • Tailor-made personal development plans • Family support • Safe, confidential environment • Onward referral • Advocacy</p>
CORK	CORK
<p>Community Counselling Service Tel.: 021 4212382 mailp.hse.ie 10 Church Street (off Shandon Street), Cork City.</p> <p>Services Provided: • Open referral • One to one counselling • Relapse prevention • Non-residential / residential treatment programmes • Concerned Persons Programme</p>	<p>Cork City Partnership Tel.: 021 4302310 mmagee@partnershipcork.ie jdaly@partnershipcork.ie Sunbeam Industrial Park, Millfield, Mallow Road, Cork City.</p> <p>Services Provided: • Education / Training • Seminars / workshops • Facilitate community group networking • Community group assistance • Drugs library</p>

<p>CORK</p> <p>Cork Simon's Youth Homeless Drug Prevention Project Tel.: 021 4278732 youthdrugsproject@corksioncommunity.ie www.corksion.ie Cork Simon Day Centre, Andersons Quay, Cork City.</p> <p>Services Provided: • Aim to prevent young people from becoming homeless • Support / information to homeless young people using or at risk of using drugs</p>	<p>CORK</p> <p>Cuan Mhuire Tel.: 021 7335994 cuanmhuirecork@eircom.net Farnanes, Co. Cork.</p> <p>Services Provided: • 12 week residential addiction treatment / rehabilitation programme for females • Assessment • Transition House – 3-6 months • Education / training / development • After-care programme • Individual / Group therapy • Family support</p>
<p>CORK</p> <p>DAYS Project (Douglas Area Youth Services) Tel.: 021 4360001 cuanmhuirecork@eircom.net Block B5, Donnybrook Commercial Centre, Donnybrook, Douglas, Cork City.</p> <p>Services Provided: • Support for young people actively involved in substance misuse • Support / information for young people and parents in the Douglas area • Assessment • Onward referral • Diversionary activities</p>	
<p>CORK</p> <p>Dublin Hill/Ballyvolane Initiative for Youth Tel.: 086 368049 / 087 2933283 stevec_ogra@yahoo.ie yotoole.ogra@gmail.com Unit 5, College Shopping Centre, Dublin Hill, Cork City.</p> <p>Services Provided: • An Garda Siochana promoted project administered by Ogra Chorcaí, managed in association with local interests • Leisure based / educational / self developmental activities • Youth workers • Individual / family support</p>	<p>CORK</p> <p>FADA (Farranree Alcohol and Drugs Awareness) Tel: 021 4212328 fadaproject@eircom.net Farranree Community Resource Centre, Pophans Road, Farranree, Cork.</p> <p>Services Provided: • Outreach • Referral • Support • Information and education • Services available to parents, families and young people in the Farranree area</p>
<p>CORK</p> <p>Fellowship House Tel.: 021 4544894 fellowship@eircom.net Spur Hill, Doughcloyne, Togher, Cork City.</p> <p>Services Provided: • Training • 12 week residential programme for men 18+ • Individual / group counselling • Education / personal development / relapse prevention • Peer support / health care, Twelve Step Group • 'Move on' accommodation</p>	<p>CORK</p> <p>Fermoy Community Drugs Initiative Tel.: 025 51887 / 086 6096874 fermoydrugsproject@eircom.net Family Resource Centre, Fermoy, Co. Cork.</p> <p>Services Provided: • For young people aged 12 –18 at risk, currently misusing or who have recently stopped and need ongoing support • Support for parents and families</p>

CORK	CORK
<p>Glanmire Drugs Project Tel.: 021 4877957 / 086 2182821 dtfglanmire@hotmail.com C/O Glanmire Youth Project, GAA Pavilion, Sallybrook, Glanmire, Co. Cork.</p> <p>Services Provided: • Support • Referral • Drug awareness workshops • Outreach • Information / education • Services available to parents, families and young people with young people with alcohol / substance abuse issues</p>	<p>Glen Neighbourhood Youth Project Tel.: 021 4559505 / 4506147 lisasheehan@yahoo.com 49-54 Comeragh Park, The Glen, Cork.</p> <p>Services Provided: • Outreach • Referral • Family support • Education and Prevention work • One to one and small group work for young people presenting with drug / alcohol related issues • Services for young people, their families and the community living in the Glen and surrounding districts</p>
CORK	CORK
<p>Greenmount Youth Initiative Tel.: 021 4847874 / 4502112 118 / 119 Barrack Street, Cork City.</p> <p>Services Provided: • For young people (12-16), not engaged in structured sport or youth provision in the locality • Support and information for young people, parents and other interested groups • Educational and preventative drug / alcohol awareness to 16-18 year olds in Greenmount and surrounding areas</p>	<p>Gurrabraher Youth Development Centre Tel.: 021 4391778 / 087 6294784 gcydc@eircom.net 11b Gurrabraher Road, Gurrabraher, Cork City.</p> <p>Services Provided: • Peer education • U4EA Arts Programme • Outreach, referral and support for 15-25 year olds with drug and related issues</p>
CORK	CORK
<p>Knocknaheeny Youth Project Tel.: 021 4303902 / 087 1224794 celinehurley@eircom Hollyhill Shopping Centre, Knocknaheeny, Cork City.</p> <p>Services Provided: • Outreach / referral / support services to parents, families and young people • One to one support • Group activities • Personal development • Drug awareness workshops • Onward referral</p>	<p>Link Workers – HSE Drug and Alcohol Services Tel.: 021 4923135 Drug and Alcohol Services, HSE South, Community Services Offices, St Finbar’s Hospital, Douglas Road, Cork City.</p> <p>Services Provided: • Support / assist clients • Liaise with other agencies / services • Deal with clients additional needs other than treatment, allowing the client to concentrate on their addiction problems</p>
CORK	CORK
<p>Mallow Community Drugs Initiative Tel.: 022 53526 / 0868031109 mydope2@gmail.com C/o CDYS, Youth Centre, Mallow, Co. Cork.</p> <p>Services Provided: • Support for individuals, families, communities • 1:1 sessions • Home visits • Group work • Training / work experience • Information • Onward referral • Help to build effective networks</p>	<p>Matt Talbot Adolescent Services – Cara Lodge Tel.: 023 39000 caralodge@eircom.net Cara Lodge, Ahiohill, Enniskane, Co. Cork.</p> <p>Services Provided: • Residential treatment for boys 14-18year old with serious substance misuse and collated psycho-social challenging behaviour • Highly structured diverse programme focused on development / rehabilitation</p>

<p>CORK</p> <p>Matt Talbot Adolescent Services - Rockview Tel.: 021 4896400 mtas@eircom.net Rockview, Trabeg Lawn, Douglas, Cork City.</p> <p>Services Provided: • Assessment • Referral • Treatment • Family programme • Engagement • Pre-residential programme • Aftercare</p>	<p>CORK</p> <p>Mayfield Youth 2000 Tel.: 021 4551903 orgrachorcailtd@eircom.net Kerrigan Tyrell Youth Centre, Mayfield, Cork City.</p> <p>Services Provided: • Information and resource base within the Mayfield area • Support and information for young people, parents and other interested groups • Educational and preventative programmes</p>
<p>CORK</p> <p>Mayfield Youth 2000 – Phase 2 Tel.: 021 4530898 / 086 3682061 lotamor@hotmail.com 20 Lotamore Park, Lotamore, Mayfield, Cork City.</p> <p>Services Provided: • Information and resource base within the Lotamore and surrounding areas • Support and information for young people, parents and other interested groups • Educational and preventative programmes</p>	<p>CORK</p> <p>Mitchelstown Community Drugs Initiative Tel.: 025 41511 / 086 0439702 neil.halligan@foroige.ie 1 Thomas Street, Mitchelstown, Co Cork.</p> <p>Services Provided: • For 12-23 year olds at risk, misusing drugs / alcohol, or who have stopped and need support • Family support • Liaise with other agencies • Open referral • Information/education</p>
<p>CORK</p> <p>Narcotics Anonymous (NA) Tel.: 021 4278411 / 087 1368120 (Helpline) www.nasouth.ie P.O. Box 89, Colso, Togher Industrial Park, Togher, Cork City.</p> <p>Services Provided: • Self-help support group for people who are addicted to substances</p>	<p>CORK</p> <p>Nar Anon Tel.: 086 1755122 Presentation Spirituality Centre, Presentation Convent, Evergreen Street, Cork City.</p> <p>Services Provided: • Support group for families and friends of those with drug dependency problems</p>
<p>CORK</p> <p>NeCoDrA New Communities Drugs Awareness Tel.: 0214302310 necodra@yahoo.ie C/O Community Outreach Drug Awareness Project, Cork City Partnership, Sunbeam Ind. Est., Mallow Rd, Millfield, Cork City.</p> <p>Services Provided: • Linking with service providers • Monthly meetings • Education, prevention and training • Raising awareness of drug / alcohol problems and support services available in ethnic minority communities</p>	<p>CORK</p> <p>Renewal – Women's Residence Tel.: 021 4300844 renewal@eircom.net Shanakiel, Blarney Rd, (Near Calvary), Cork City.</p> <p>Services Provided: • Residential treatment for women 18+ • Twelve Step Programme • Group / one to one counselling • Personal development / health care • Development of Sober Support system • Relapse Prevention • Monthly meetings</p>

CORK	CORK
<p>The Samaritans Tel.: 1850 609090 jo@samaritans.org www.samaritans.org Coach Street, Cork City.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • 24hr emotional support for those experiencing feelings of distress or despair including those which may lead to suicide • Emotional health promotion • Training for community / interest groups 	<p>Tabor Lodge Treatment Centre Tel.: 021 4887110 taborlodge@eircom.net Ballindeasig, Belgooly, Co. Cork.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • 28 day residential addiction treatment programme • Aftercare • Assessment • Family programme • Intervention support • Seminars for employers and employees
CORK	CORK
<p>Togher Link-up Ltd Tel.: 021 4323839 / 086 8240140 ogracailtd@eircom.net www.ogracorchai.org 13 Tramore Road, Togher, Cork City.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • A range of drug / alcohol support services through an intervention approach • One to one support • Prevention and Education initiatives delivered both in and out of schools 	<p>T.R.A.F.I.C. (Trust Related Action For Individual Confidence) Tel.: 021 4399866 wethepeople@eircom.net C/O We the People, Unit 5, Hollyhill Shopping Centre, Knocknaheeny, Cork.</p> <p>Services Provided: • For people affected by drugs and alcohol living in the Knocknaheeny / Hollyhill area of city • Twice monthly meetings • One to one support • Confidential information & support</p>
CORK	CORK
<p>Traveller Visibility Group (TVG) Tel.: 021 4503786 / 086 6084659 tvdrugproject@gmail.com Traveller Support Project on Drugs and Alcohol, 25 Lower John Street, Cork City.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Community Drugs initiative committed to advising, referring and supporting young Travellers and their families in Cork City in addressing drugs and alcohol misuse 	<p>Yew Tree Project Tel.: 021 4350445 / 086 3801698 22 Lakeland's Crescent, Mahon, Cork.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outreach, referral and support services to young people, parent's and families living in the Mahon and Blackrock area • Onward referral
CORK	CORK
<p>YMCA (Cork) Tel.: 021 4270187 / 4273056 11-12 Marlboro Street, (opposite Clancy's), Cork City.</p> <p>Services Provided: • Heart and Soul – a holistic Health Education programme for youth groups.</p> <ul style="list-style-type: none"> • Ten sessions covering physical, mental, emotional, social, spiritual and societal health. • Individual sessions focusing on stress, body image, relationships and sexual health 	<p>YMCA Youth Counselling Services Tel.: 021 4270187 / 4273056 11-12 Marlboro Street, (opposite Clancy's), Cork City.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling service for 15+ years old who are under stress and / or at risk of alcohol / drug misuse

CORK

Youghal Community Drugs Initiative

Tel.: 024 90673 / 086 3842183
gordon.kinsley@foroige.ie
www.youghaldrugsinitiative.ie
C/o Youghal Youth Committee, 28 North
Main Street, Youghal, Co. Cork

Services Provided:

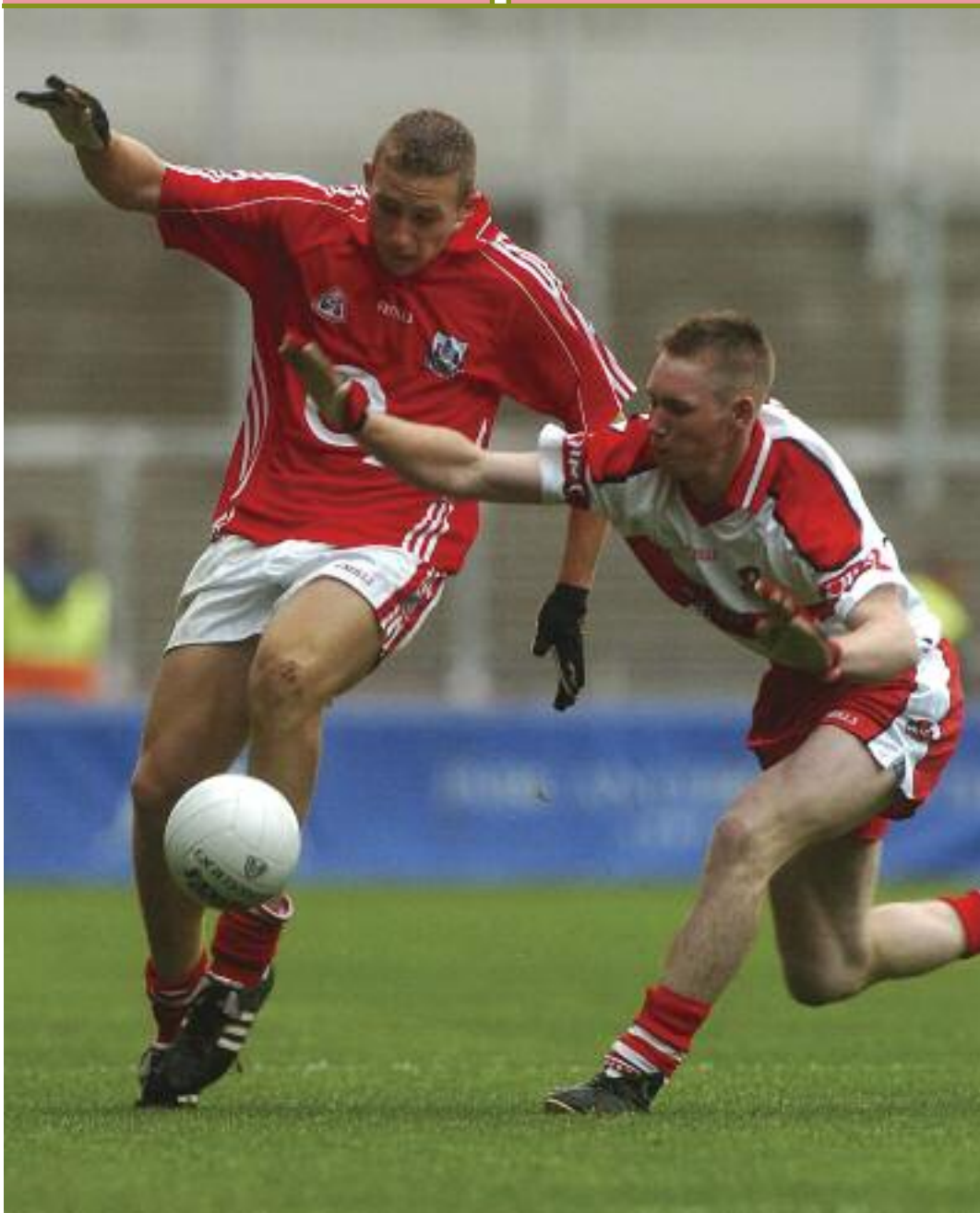
- One to one support for 14-24 year olds
- Advice • Onward referral
- Education / prevention
- Family / parent support

CORK

Youth Health Service (YHS)

Tel.: 021 4220490 / 1
yhs@mailp.hse.ie
73 Shandon Street, Cork City, (Across
the Bridge from the Gate Cinema).

- Services Provided:
- For young people under 25
 - Counselling • Health Promotion • Crisis Pregnancy, pregnancy testing, post abortion counselling • Family Planning • Sexually transmitted Infection screening / diagnosis / treatment • Onward referral



<p>DERRY</p> 	<p>DERRY</p> <p>Active Families Programme Tel.: 028 82245321 Fiona.teague@omagh.gov.uk Lisnamallard Hse., Old Mountfield Rd., Omagh, BT797EG.</p> <p>Services Provided: • Role modelling approach increasing physical activity among disadvantaged families • Delivers preventative message around CHD risk factors including alcohol/smoking/drugs misuse • 12-week programme</p>
<p>DERRY</p> <p>Alcohol and Drug Service Northern Sector Tel.: 028 71865239 www.westerntrust.hscni.net Woodlea House, Gransha Park, Derry BT47 6TF.</p> <p>Services Provided: • Drug/alcohol assessments • 1:1 counselling • Family work • Outreach clinics throughout Strabane and Limavady Council areas</p>	<p>DERRY</p> <p>Clarendon Medical Health Centre (Addiction Clinic) Tel.: 028 7186 5239 35 Northland Avenue, Derry, BT48 7JW.</p> <p>Services Provided: • Drug/alcohol assessments • One-to-one counselling • Family work where suitable • Outreach clinics in various locations throughout the Foyle Trust area</p>
<p>DERRY</p> <p>Coleraine Rural & Urban Network (CRUN) Tel: 028 7034 4934 www.crun.org 1a Railway Road, Coleraine, Co. Derry, BT52 1PD.</p> <p>Services Provided: • Education/prevention programmes with vulnerable / at risk young people, adults and parents • Onward referral • Specialist resource for other agencies • Advice and support</p>	<p>DERRY</p> <p>Community Support Service Tel.: 028 7186 5236 www.westerntrust.hscni.net Oak Villa, Gransha Park, Derry, BT47 6WJ.</p> <p>Services Provided: • Supports communities in identifying and responding to alcohol and drug issues • Assist in producing and facilitating action plans to reduce the impact of alcohol and drugs on local communities.</p>
<p>DERRY</p> <p>Damien House Tel: 028 7136 1156 damienhouse.firsthousing@btinternet.com www.first-housing.com 12 Foyle Road, Derry, BT48 6SQ.</p> <p>Services Provided: • 12 bedded hostel • Holistic support to men with mental health and alcohol misuse problems</p>	<p>DERRY</p> <p>Diver Project Tel.: 028 7126 9327 / 028 7127 3973 divert@freederry.org www.freederry.org Dove House Community Trust, 32 Meenan Square, Bogside, Derry City, BT48 9EX.</p> <p>Services Provided: • One-to-one mentoring • Education and prevention • Support for young people • Parents support</p>

SECTION FIVE -
WHERE TO GET HELP

<p>DERRY</p> <p>Domiciliary Outreach Programme for Older People</p> <p>Tel: 028 7131 4239 Fax: 028 7131 4262 evelyn.brett@westerntrust.hscni.net www.westerntrust.hscni.net Rosstown House, Glendermott Road, Waterside, Derry, BT48.</p> <p>Services Provided: • Older people with substance misuse problems • Harm reduction • Workshops • Information/advice to older people & carers • Educational roadshow</p>	<p>DERRY</p> <p>Drug and Alcohol Training Programme</p> <p>Tel.: 028 7186 5236 datp@westerntrust.hscni.net www.westerntrust.hscni.net DATP Office, Oak Villa, Gransha Park, Derry, BT47 6WJ.</p> <p>Services Provided: • Training • Mentoring</p>
<p>DERRY</p> <p>Foyle Haven Health Project</p> <p>028 7136 5259 foylehaven@btconnect.com 23a, John Street, Derry, BT48 6JY.</p> <p>Services Provided: • Drop-in centre that provides • Practical services • Advocacy • Befriending service for street drinkers/homeless street drinkers</p>	<p>DERRY</p> <p>Foyle Tranquillisers Initiative (FTI)</p> <p>Tel.: 028 71365330 www.bbhealthforum.org Bogside & Brandywell Forum, 128 Lecky Road, Derry.</p> <p>Services Provided: • Implementation of a range of effective actions to reduce the extent of benzodiazepine misuse/abuse in the Northern Sector • Open Access and Advertising workshops</p>
<p>DERRY</p> <p>Foyle Valley House</p> <p>Tel/Fax: 028 7136 2689 www.nwhgroup.com 30 Foyle Road, Derry, BT48 6SQ.</p> <p>Services Provided: • 14 bedded crisis residential facility for women with severe alcohol problems • Open referral</p>	<p>DERRY</p> <p>Health Promotion Department</p> <p>Tel: 028 7186 5127 Eilish.mccloskey@westerntrust.hscni.net Maple Villa, Gransha Park, Derry, BT47 6WJ.</p> <p>Services Provided: • NCFE Level 1 and 2 Awareness • Leaflets • Literature</p>
<p>DERRY</p> <p>House-in-the-Wells</p> <p>Tel.: 028 7126 7957 www.nwhgroup.com The House, 130 St Columbs Wells, Derry, BT48 6LY.</p> <p>Services Provided: • 25-bedded facility for men • Chalet accommodation for people moving towards recovery • Open referral and self referral</p>	<p>DERRY</p> <p>HURT - Have your tomorrows</p> <p>Tel.: 028 7136 9696 www.hurtni.org.uk 14 Clarendon Street, Derry, BT48 7ES.</p> <p>Services Provided: • Support to families of alcohol and drug users • Listening ear service • Alternative therapies • Specific programmes for young people</p>

<p>DERRY</p> <p>Magilligan Prison Project Tel: 028 7772 0375 Willie.mcmahon@nio.x.gsi.gov.uk www.niprisonservice.gov.uk HMP Magilligan, Point Road, Magilligan, Co Derry, BT49 0LP.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Drug and alcohol education • Counselling and Support 	<p>DERRY</p> <p>Needle and Syringe Exchange Scheme Lloyds Pharmacies, 1 Ebrington Terrace, Waterside, Derry Superdrug, 30-32 Ferryquay Street, Cityside, Derry.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Pharmacy based needle and syringe exchange scheme for injecting drug users • Self referral
<p>DERRY</p> <p>Northlands Tel.: 028 7131 3232 Shepherds Way, Dungiven Road, Derry, BT47 5GW.</p> <p>Services Provided: • Counselling</p> <ul style="list-style-type: none"> • Advice and support • Family support • Residential treatment • Aftercare • Educational and preventative services 	<p>DERRY</p> <p>Opportunity Youth and ASCERT - DAISY Tel: 028 7137 1162 Info@ascert.biz info@opportunity-youth.org www.ascert.biz www.opportunity-youth.org 29a Strand Road, Derry, BT74 7BL.</p> <p>Services Provided: • Drug and Alcohol Intervention Service for young people under 18 and their families • Tier 2/3 treatment, counselling and mentoring support</p> <ul style="list-style-type: none"> • Open referral
<p>DERRY</p> <p>Parents Advice Centre Tel.: 028 7137 2006 derry@pachelp.org www.pachelp.org 65 Clarendon Street, Derry, BT48 7ER.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Support and counselling 	<p>DERRY</p> <p>Probation Board (NI) Drink driving Programme – Northern Ireland Tel.: 028 8224 6051 admin.Omagh@pbni.org.uk www.pbni.org.uk Omagh Probation Office, High Street, Omagh, BT78 1 BA.</p> <p>Services Provided: • A court-mandated programme for individuals disqualified from driving includes multi-agency inputs. Participants pay £150 to attend.</p>
<p>DERRY</p> <p>Substitute Prescribing Service Tel: 028 7186 5239 lorna.forrest@westerntrust.hscni.net www.westerntrust.hscni.net Woodlea House, Gransha Park, Derry, BT47 6TF.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Provides substitute-prescribing service for opiate users. • GP Referral 	<p>DERRY</p> <p>Western Education and Library Board (Youth Advisory Service) Tel: 028 7138 2096 sean_cassidy@welbni.org www.welbni.org Strabane Youth Office, Unit 9, Market Centre, Upper Main Street, Strabane, Co Tyrone.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Training • Education and prevention

DONEGAL



DONEGAL

HSE Community Alcohol and Drug Services

Tel.: 074 9362529
Community Nursing Unit, Magin Avenue,
Buncranagh, Co. Donegal.

Services Provided:

- Counselling
- Self referral
- Onward referral if necessary
- Treats alcohol, drugs and gambling addictions

DONEGAL

HSE Alcohol and Substance Counselling & Advisory Service

Tel.: 074 9128769
9 St. Eunan's Court, Convent Rd,
Letterkenny, Co. Donegal.

- Services Provided:
- 30-day outpatient group therapy
 - Aftercare
 - Relapse prevention
 - Group and one-to-one counselling and advice
 - Treats alcohol, drugs and gambling addictions

DONEGAL

HSE Alcohol and Substance Counselling & Advisory Service

Tel.: 074 9721933
East End House, 18 Main Street,
Donegal Town.

- Services Provided:
- Drug/alcohol counselling
 - Advisory Service
 - Drug/alcohol education

DONEGAL

HSE Donegal Mental Health Services

Tel.: 074 9521860
Psychiatric Service, Dungloe District
Hospital, Dungloe, Donegal.

Services Provided:

- Counselling
- Self referral or by Doctor
- Onward referral if necessary
- Treats alcohol, drugs and gambling addictions

DONEGAL

White Oaks Rehabilitation Centre

Tel.: 074 9384400
whiteoaksrehabcentre@hotmail.com
Muff, Co. Donegal.


- Services Provided:
- 37 day residential programme
 - One-to-one counselling
 - Individual treatment plans
 - Meditation
 - Self/family/professional referral
 - Family service
 - 2 year aftercare

<p>DOWN</p>	<p>DOWN</p> <p>ASCERT Tel: 028 9260 4422 www.ascert.biz info@ascert.biz 23 Bridge Street, Lisburn, Co Down, BT28 1XZ.</p> <p>Services Provided: • Youth Treatment and Support service for young people and their families (DAISY) • Targeted Education programmes • Training • Support and counselling • Education and prevention • Community Development</p>
<p>DOWN</p> <p>Barnados: The Pharos Project Tel.: 028 9127 1538 Simpson Family Resource Centre, 40 Manse Road, Bangor, BT20 3DE.</p> <p>Services Provided: • Services to families where there is parental substance misuse • Support and counselling • Individual work with children • Parenting work • Couple / group / family work</p>	<p>DOWN</p> <p>Comber Drugs Awareness Group (CODAG) Tel.: 028 9151 0275 Life Education Centre, Health development, Ards Community Hospital, Church Street, Newtownards, BT23 4AS.</p> <p>Services Provided: • Education and prevention programmes in primary schools</p>
<p>DOWN</p> <p>Community Addiction Team / Downshire Hospital Tel.: 028 4461 3311 Ward 15, Ardglass Road, Downpatrick, Co Down, BT30 6RA.</p> <p>Services Provided: • For ages 18+ • Inpatient detox • Prescribed drugs misuse service • Multi-disciplinary treatment • Substitute prescribing • Counselling • Family Support • Advice</p>	<p>DOWN</p> <p>Community Addiction Team, Down and Lisburn Areas Tel.: 028 9266 8607 TSL House, 38 Bachelor's Walk, Lisburn, Co Down, BT28 1XZ.</p> <p>Services Provided: • Inpatient detox • Advice • For ages 18+ • Prescribed drugs misuse service • Multi-disciplinary treatment • Substitute prescribing • Counselling • Family Support</p>
<p>DOWN</p> <p>Community Addiction Team, North Down and Ards Area Tel: 028 9181 6666 3 Church Street, Newtownards, Co Down, BT23 4AN.</p> <p>Services Provided: • Inpatient detox • Advice • For ages 18+ • Prescribed drugs misuse service • Multi-disciplinary treatment • Substitute prescribing • Counselling • Family Support</p>	<p>DOWN</p> <p>Contact Youth Tel: 028 9032 0092 Youthline: 0808 808 8000 14 College Square North, Belfast, BT1 6AS.</p> <p>Services Provided: • For ages 25 and under • Counselling • Mentoring • Family support • Advice and support • Support groups • Helpline</p>

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WHERE TO GET HELP

<p>DOWN</p> <p>Cuan Mhuire Tel: 028 3026 9121 Newry, Co. Down.</p> <p>Services Provided: <ul style="list-style-type: none"> • Accepts referrals from across Ulster • Residential treatment • Aftercare • Halfway House • Counselling and advice for adults/teens </p>	<p>DOWN</p> <p>Drug and Alcohol Misuse Mental Health Service (DAAMHS) Tel.: : 028 9020 4600 Young People's Centre, 10 College Gardens, Belfast, Co. Antrim, BT9 6BQ.</p> <p>Services Provided: <ul style="list-style-type: none"> • Support for young people with complex dual diagnosis needs • For ages 17 and under • Counselling • Structured activities • Family support • Advice </p>
<p>DOWN</p> <p>FASA Tel.: 028 9127 1322 Fountain Centre, 2-4 Queen's Parade, Bangor, Co Down, BT20 3BJ.</p> <p>Services Provided: <ul style="list-style-type: none"> • Training • Treatment and early intervention • Support and counselling • Education and prevention • Community development </p>	<p>DOWN</p> <p>Know the Score Drug and Alcohol Project Tel.: 028 3025 7395 knowthescore@hotmail.co.uk St John Bosco Youth Centre, Chequer Hill, Newry, Co Down, BT35 6DY.</p> <p>Services Provided: <ul style="list-style-type: none"> • Training • Education and prevention • Statistics and research • Community development </p>
<p>DOWN</p> <p>MARC Project Tel.: 028 9182 1124 The Link Centre, 14-16 South Street, Newtownards, Co Down, BT23 4JT.</p> <p>Services Provided: <ul style="list-style-type: none"> • Drop-in service providing lunch, support and recreation • Training / education • Physical / emotional health information sessions • Record of Achievement programme • Floating Support • For ages 18+ • Advice • Structured activities </p>	<p>DOWN</p> <p>Newry Adolescent Partnership Tel.: 028 3025 1115 N.A.P@btconnect.com 14a The Mall, Newry, BT34 1BX.</p> <p>Services Provided: • Preventative service <ul style="list-style-type: none"> • Individual work • Drug and alcohol awareness • Sexual health information • Relationship guidance • Anger management • Education • Careers advice • Group work • Duke of Edinburgh Awards </p>
<p>DOWN</p> <p>Newry and Mourne Drugs and Alcohol Partnership Tel.: 028 3083 4271/4252 John Mitchel Place, Newry, BT34 2BU.</p> <p>Services Provided: • Community Alcohol / Drug Support • BME/Migrant Worker Alcohol / Drug Support • 1:1 support • Education <ul style="list-style-type: none"> • Interventions addressing underage / binge drinking, anti-social behaviour • Accredited Training • Parent Support / Training </p>	<p>DOWN</p> <p>Opportunity Youth Tel.: 028 90435810 www.opportunity-youth.org info@opportunity-youth.org Hildon House, 30/34 Hill street, Belfast, BT1 2LB</p> <p>Services Provided: • Counselling • Mentoring <ul style="list-style-type: none"> • Group Work • Community Drop in • Information and Awareness • Accredited Training • Telephone Support • Signposting & Referrals </p>

<p>DOWN</p> <p>Progress2Work NI Tel.: 028 9060 0938 (Belfast) 0284066 9855 (Banbridge) Unit 2, Dairy Farm Centre, Stewartstown Road, Belfast, BT17 0AW.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Advice and support on re-entering the world of work • Training & Education 	<p>DOWN</p> <p>REACT - Don't Blow It Tel.: 028 4176 2337 llovereact@aol.com The Nautilus Centre, Rooney Road, Kilkeel, Co. Down, BT34 4AG.</p> <p>Services Provided: • 1:1 support • Educational Workshops/training • Project addressing underage drinking, binge drinking, anti-spiking • Parenting Support/Training • Youth Conference/ Youth Justice Agency Partnership • Drug/Alcohol Focus Groups</p>
<p>DOWN</p> <p>Simon Community NI Tel.: 078 7284 0314 49-57 Fitzroy Avenue, Belfast, BT7 1HT</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Nurse-led outreach service for chronic drinkers in the North Down and Ards Area 	<p>DOWN</p> <p>South Eastern Education and Library Board (Youth Section) Tel.: 028 9056 6200 www.seelb.org.uk SEELB Youth Section, Block 3, Grahamsbridge Road, Dundonald, Co Down, BT16 2HS</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Training • Support and counselling • Education and prevention
<p>DOWN</p> <p>South Eastern Education and Library Board (Schools) Tel.: 028 9056 6407</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Support, advice and training to schools on Drug and Alcohol education 	<p>DOWN</p> <p>South Eastern Health and Social Care Trust Tel.: 028 9250 1377 Health Promotion Department, Level 5, Lisburn Health centre, Linenhall Street, Lisburn, BT28 1LU</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Specialist drug/alcohol training • Support & awareness programmes
<p>DOWN</p> <p>YMCA Lisburn Tel.: 028 9267 0918 www.lisburnymca.com 28 Market Street, Lisburn, Co Down, BT28 1AG.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Universal alcohol education programme in Schools (SEELB Area only) 	<p>DOWN</p> <p>Youth Council For Northern Ireland Tel.: 028 9064 3882 jmccormick@youthcouncil-ni.org.uk Forest View, Purdy's Lane, Belfast, Co. Antrim, BT10 0QH.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Training • Education and prevention

<p>DUBLIN</p> 	<p>DUBLIN</p> <p>ACRG Tel.: 01 855 7611 48 Seville Place, Dublin 1.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Practical support to recovering addicts in Dublin's Inner City • Aftercare Recovery Group • Therapeutic, non-medical service
<p>DUBLIN</p> <p>Addiction Response Crumlin Tel.: 01 456 3111 arcrumlin@eircom.net 101 Cashel Road, Crumlin, Dublin 12.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Drugs Outreach • Counselling • Family Support 	<p>DUBLIN</p> <p>Aisling Clinic Tel.: 01 620 6010 Cherry Orchard Hospital, Ballyfermot Road, Dublin 10.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Drug treatment centre • Methadone assessment and maintenance • Outreach • Counselling
<p>DUBLIN</p> <p>Alcoholic Rehabilitation Centre Tel.: 01 864 1755 Glasnevin Business Centre, Glasnevin Avenue, Dublin 11.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling on one-to-one basis for those affected by substance addiction and abuse 	<p>DUBLIN</p> <p>Ana Liffey Drug Project Tel.: 01 878 6899 Freephone no. for clients: 1800 786 828 analiffey1@hotmail.com 13 Abbey Street Lower, Dublin 1.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient counselling • Advisory service • Group-work • Peer Training • Drop-in Centre • Aftercare
<p>DUBLIN</p> <p>Ana Wim Kilmore Drug Awareness Group Tel.: 01 877 1729 anawim@eircom.net Coolock Development Centre, Bunratty Drive, Coolock, Dublin 17.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Family support • Onward referral • Advocacy • Information • Active listening and support 	<p>DUBLIN</p> <p>Artane Drug Awareness Project Tel.: 01 818 7318 Coolock / Artane Resource Centre, 55 Gracefield Road, Artane, Dublin 5.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Teenage Drop-in club • Arts & Crafts • Sexual Health programme • Life Skills • Drug Awareness • Drama • Colour therapy • One-to-one counselling

<p>DUBLIN</p> <p>Ballyfermot Advance Project & Ballyfermot Community Drug Team Tel.: 01 623 8001 Le Fanu House, 3b Le Fanu Road, Ballyfermot, Dublin10.</p> <p>Services Provided: • Support for childcare and residential options • Administer grant funding • Drop-in • Counselling • Advice / information • Holistic treatments • Outreach • 1:1 consultations • Breakfast mornings</p>	<p>DUBLIN</p> <p>Ballyfermot Social Intervention Initiative (BSII) Tel.: 01 626 7041 bsii@eircom.net 83 Cherry Orchard Crescent, Cherry Orchard, Dublin 8.</p> <p>Services Provided: • Supported by Ballyfermot Local Drugs Taskforce • Work with families at risk of eviction • Work with young people and families • Women's groups • Addressing anti-social behaviour</p>
<p>DUBLIN</p> <p>Ballyfermot STAR Tel.: 01 623 8002 7 Drumfinn Park, Ballyfermot, Dublin 10.</p> <p>Services Provided: • Drop-in • Counselling • Advice • Support programmes • Holistic treatments • Outreach • Childcare</p>	<p>DUBLIN</p> <p>Ballyfermot Youth Services Tel.: 01 623 1431 41 Decies Road, Ballyfermot, Dublin 10.</p> <p>Services Provided: • In-school programmes • Peer education • Drug and alcohol awareness • Workshops • Resource material</p>
<p>DUBLIN</p> <p>Ballymun Youth Action Project Limited Tel: 01 842 8071 byap@iol.ie Horizons Centre, Ballcurris Road, Ballymun, Dublin 11.</p> <p>Services Provided: • Counselling • Education • Training</p>	<p>DUBLIN</p> <p>Barrymore House Tel.: 01 868 0608 217 North Circular Road, Dublin 7.</p> <p>Services Provided: • Inpatient • Aftercare • Alcohol education</p>
<p>DUBLIN</p> <p>The Base Tel.: 01 620 7195 info@thebase.ie 1st Floor, Ballyfermot Community Civic Centre, Ballyfermot, Dublin 10.</p> <p>Services Provided: • Activity based resource centre • Arts/Music/New Media/I.T. Programmes • Youth Friendly Health Services • Services liaison • Youth Information Service • Develop social / political / economic awareness • Outreach • Childcare</p>	<p>DUBLIN</p> <p>Bonnybrook Satellite Clinic Tel.: 01 877 0205 Brookhaven Centre, Glin Road, Coolock, Dublin 17.</p> <p>Services Provided: • Counselling • Addiction clinic • Doctor, Nurse and Counsellor team • Rehabilitation and integration services • Parent support group</p>

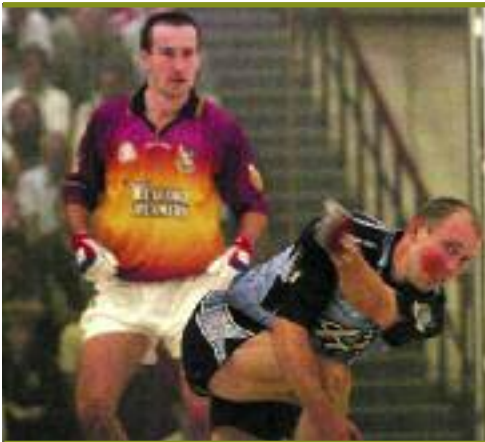
SECTION FIVE -
WHERE TO GET HELP

<p>DUBLIN</p> <p>Canal Communities Training Programme (TURAS) Tel: 01 450 5396 / 450 5069 Unit C & C1, Bluebell Business Park, Old Naas Road, Bluebell, Dublin 12.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Holistic Therapies • Stepping Stones • Personal Development • Key Working • Relapse Prevention • VEC English and Maths • Arts and Crafts • Computers 	<p>DUBLIN</p> <p>City Wide Drugs Crisis Campaign Tel.: 01 836 5090 www.citywide.ie 175 North Strand Road, Dublin 1.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Support & Guidance for families of people with drug problems • Support and facilitate local groups
<p>DUBLIN</p> <p>Chrysalis Community Drug Project Tel.: 01 670 5544 www.chrysalisdrugproject.org info@chrysalisdrugproject.org 27 Benburb Street, Dublin 7.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Advice • Family support 	<p>DUBLIN</p> <p>Clondalkin Addiction Support Programme Tel.: 01 623 8000 casp@iol.ie Ballyowen Meadows, Fonthill Road, Dublin 22.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Drugs Outreach • Detoxification • Family Support
<p>DUBLIN</p> <p>Cluain Mhuire Service Tel: 01 217 2100 cms@sjog.ie www.sjog.ie Newtownpark Avenue, Blackrock, Co. Dublin.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Detoxification 	<p>DUBLIN</p> <p>Cherry Orchard Family Centre Tel.: 01 623 1313 Cherry Orchard Avenue, Ballyfermot, Dublin 10.</p> <p>Services Provided: • Therapeutic work with individuals and wider family</p> <ul style="list-style-type: none"> • Work with adolescents affected by alcohol in the home • Work regarding relationships, bereavement and suicide • Parenting skills
<p>DUBLIN</p> <p>Cheshire Community Services Tel.: 01 620 7187 Drug related Disability Support, Ballyfermot Civic and Community Centre, Ballyfermot Road, Dublin 10.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Support for people who have disabilities through drug use • Befriending service • Practical and emotional support 	<p>DUBLIN</p> <p>Community Awareness of Drugs Tel.: 01 679 2681 communityawareness@eircom.net www.cadaboutdrugs.ie 31 Central Hotel Chambers, Dame Court, Dublin 2.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Drug education • Training for parents, carers and community workers

Where to get help - Counties

<p>DUBLIN</p> <p>Community Lynks Project Tel: 01 453 7842 / 402 0326 lynks@eircom.net Oblates Basketball Arena, Tyrconnell Road, Inchicore, Dublin 8.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • FAS/HSE funded return to employment training • Addiction project workers 	<p>DUBLIN</p> <p>Coolmine Therapeutic Community Tel.: 01 679 4822 / 679 3765 coolhse@eircom.net Coolmine House, 19 Lord Edward Street, Dublin 2.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Education • Aftercare
<p>DUBLIN</p> <p>Crinan Project Tel: 01 855 8792 72 Lower Sean McDermott Street, Dublin 1.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • For under 21yr olds • Medical, therapeutic, social and educational support 	<p>DUBLIN</p> <p>Crosscares Drug & Alcohol Programme Tel.: 01 836 0911 www.dap.ie Red House, Cloniffe College, Drumcondra, Dublin 3.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Training and drug education • Support • Counselling • Advocacy • Confidential interactive website • Text service



	<p>DUBLIN</p> <p>Darndale/Belcamp Drugs Awareness Group Tel.: 01 848 7733 Rear of Parish Hall, Darndale, Dublin 17.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Parent support • Training • Drop-in
<p>DUBLIN</p> <p>Donnycarney Youth/Drug Project Tel.: 01 831 4985 'Le Cheile' Youth & Community Centre, Collins Av. East, Donnycarney, Dublin 5.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • C.E. scheme • Drug clinic • Drop-in 	<p>DUBLIN</p> <p>Dublin Counselling and Therapy Centre Tel.: 01 878 8236 info@dctc.ie 41 Upper Gardiner Street, Dublin 1.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Support • Treats alcohol, drugs, gambling and prescription drug addiction in adults
<p>DUBLIN</p> <p>D.R.O.P. (Dun Laoghaire Rathdown Outreach Project Ltd.) Tel.: 01 280 3187 / 280 3659 dropmanager@eircom.net www.drop.ie 45 Upper Georges Street, Dun Laoghaire.</p> <p>Services Provided: • Day/afternoon/evening service • Family support • Drug Free Group • Counselling / Outreach • Education • Rehabilitation/reintegration • Community Employment • Holistic therapy • Harm reduction • Confidential, non-judgemental support</p>	<p>DUBLIN</p> <p>Drug Treatment Centre Board Tel.: 01 648 8600 info@dtcb.ie Trinity Court, 30/31 Pearse Street, Dublin 2.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Advice for parents and teachers • Advisory service to professionals • Aftercare programmes for drug users • Inpatient / Outpatient treatment
<p>DUBLIN</p> <p>EDIT Tel.: 01 867 0271 / 848 2230 The Hail Centre, 205 Edenmore Avenue, Edenmore, Dublin 5.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Day programme for methadone stable clients • Outreach • Workshops • Information • Community work • Advocacy • Youth Centre 	<p>DUBLIN</p> <p>Familiscope Tel.: 01 620 6842 info@familiscope.ie www.familiscope.ie 201c Decies Road, Ballyfermot, Dublin 10.</p> <p>Services Provided: • Child Welfare Worker • Prevention/intervention • Services liason • Family therapist • Incredible Years/Next Steps/Parenting Programmes • Onward referral • Art/Music therapy • Speech/languageprogrammes • In-school courses</p>

<p>DUBLIN</p> <p>FAST (Finglas Addiction Support Team) Tel.: 01 811 0595 fast_ltd@eircom.net St Helenas Resource Centre, St Helenas Rd., Finglas.</p> <p>Services Provided: • Counselling • Drop-in service • Family support • Advice and information on drugs and alcohol • Massage, Reiki & acupuncture • Aftercare support group • Cocaine service (daytime/evening appointments)</p>	<p>DUBLIN</p> <p>Fortune House Tel.: 01 620 6030 Cherry Orchard Hospital, Ballyfermot Road, Dublin.</p> <p>Services Provided: • Drugs addiction service • Methadone detox / maintenance • Assessment • Outreach • Counselling • 3 month day programme for adults • GP detox • Young persons programme</p>
<p>DUBLIN</p> <p>Fusion CPL Tel.: 01 623 1499 Cherry Orchard Health Centre, Cherry Orchard Grove, Ballyfermot, Dublin.</p> <p>Services Provided: • Supporting those who are stable and want to change their drug using lifestyle • Employment / training / education • Holistic / Alternative treatments • Community Prison Link Worker • Keyworking</p>	<p>DUBLIN</p> <p>Hanly Centre Tel.: 01 280 9795 info@thehanlycentre.com www.thehanlycentre.com Eblana Mews, Eblana Avenue, Dun Laoghaire.</p> <p>Services Provided: • Alcohol assessments • Counselling • Family Intervention Programme • Group therapy • Break the Cycle Programme • Life Skills in Schools Programme • Workshops in Alcohol and Addiction • Recovery Coaching</p>
<p>DUBLIN</p> <p>H.O.P.E. Tel.: 01 887 8404 15 North Strand Road, Dublin 1.</p> <p>Services Provided: • Support / advice for families affected by drug use • Education • Training</p>	<p>DUBLIN</p> <p>Howth Peninsula DAG Tel.: 086 353 1029 5 St. Lawrence Terrace, Howth, Co. Dublin.</p> <p>Services Provided: • Counselling • Addiction clinic • Needle exchange • Harm reduction • Work closely with the Irish fishing industry</p>
<p>DUBLIN</p> <p>HSE Alcohol Treatment Unit Tel.: 01 660 7838 Baggot Street Community Hospital, 18 Upper Baggot Street, Dublin 4.</p> <p>Services Provided: • Individual Counselling • Assessment • Aftercare</p>	<p>DUBLIN</p> <p>HSE Baggot Street Addiction Centre Tel.: 01 660 2189 Freephone: 1800 201 187 19 Haddington Road, Dublin 4.</p> <p>Services Provided: • Support • Advice • Outpatient counselling • Aftercare</p>

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WHERE TO GET HELP

<p>DUBLIN</p> <p>HSE Community Alcohol Services Tel.: 01 451 6589 / 451 6754 Ground Floor, Glen Abbey Centre, Belgard Road, Tallaght, Dublin 24.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Assessment • Education programme • Aftercare 	<p>DUBLIN</p> <p>HSE Outreach Team Tel.: 01 620 6400 Bridge House. Cherry Orchard Hospital, Ballyfermot, Dublin.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Needle exchange • Support to active drug users • Harm reduction • Health information
<p>DUBLIN</p> <p>HSE Young Persons Programme Tel.: 01 620 6400 Bridge House. Cherry Orchard Hospital, Ballyfermot, Dublin 10.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • For young people up to 23 years with drug and alcohol problems • Open referral • Counselling • Child psychologist • Practical and emotional support 	<p>DUBLIN</p> <p>Inchicore Community Drug Team Tel.: 01 473 6502 icdt@eircom.net 135 Emmet Road, Inchicore, Dublin 8.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Advice • Outreach • Alternative Therapy
<p>DUBLIN</p> <p>KCCP Tel.: 01 832 4516 Kilbarrack Community Hall, Greendale Road, Kilbarrack, Dublin 13</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Aftercare rehabilitation for drug addicts - 18+ years old • Youth Matters after-school programme - 8-18 years old • Funded by FAS and the HSE 	<p>DUBLIN</p> <p>The Lodge Tel.: 01 415 4807 Old County Health Centre, Old County Road, Crumlin, Dublin 12.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Methadone Maintenance • Detoxification and Stabilisation • Counselling • Outreach • Referral
<p>DUBLIN</p> <p>Lower Crumlin Family Support Group Tel.: 01 473 6404 Unit 1 Goldstone Court, Clogher Road, Crumlin, Dublin 12.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Family support • Information and resources • Onward referral • Drop-in • Drugs out-reach worker. 	<p>DUBLIN</p> <p>Matt Talbot Community Trust Tel.: 01 626 4899 Rear Assumption Church, Kylemore Road, Ballyfermot, Dublin 10.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Work with men who are or have been homeless and have a drug history • Computer training • Educational qualifications • Outreach • Community atmosphere • Accommodation support

<p>DUBLIN</p> <p>Merchants Quay Ireland Tel.: 01 677 1128 info@mqi.ie www.mqi.ie 4 Merchants Quay, Dublin 8.</p> <p>Services Provided: • Outpatient counselling • Aftercare • Group Therapy • Educational Services • Needle exchange • Methadone support service • 12 week residential programme • 1 year residential programme</p>	<p>DUBLIN</p> <p>MIC Project Tel.: 01 877 1531 info@micproject.org www.micproject.org Darndale / Belcamp Village Centre, Darndale, Dublin 17.</p> <p>Services Provided: • Full-time multi-media FAS course • Evening classes • Funded by local Drugs Task Force • Targets early school leavers and those at risk of alcohol and substance abuse</p>
<p>DUBLIN</p> <p>Mountview/Blakestown Community Drug Team Tel.: 01 821 9140 / 821 1333 105 Coolmine Ind. Estate, Coolmine, Dublin 15.</p> <p>Services Provided: • Outpatient counselling • Needle exchange • Acupuncture • Massage</p>	<p>DUBLIN</p> <p>Oasis Project Tel.: 01 284 5722 mscdp@gofree.indigo.ie 74 Maple House, Mountown, Dun Laoghaire, Co. Dublin.</p> <p>Services Provided: • Outreach • Counselling for adults</p>
<p>DUBLIN</p> <p>Patrick Street Addiction Centre Tel.: 01 280 8472 99 Patrick Street, Dun Laoghaire, Co. Dublin.</p> <p>Services Provided: • Methadone prescription • Counselling • Hepatitis C treatment</p>	<p>DUBLIN</p> <p>Peer Education Project Tel.: 01 630 1560 Block 12d, Joyce Way, Parkwest, Dublin 12.</p> <p>Services Provided: • Provide drug education programmes to young people at risk • Information & outreach service • Develop peer education programmes • Support child & family development</p>
<p>DUBLIN</p> <p>RADE (Recovery through Arts, Drama and Education) Tel.: 01 454 8733 info@rade.ie www.rade.ie OLV Building, Cathedral View Court, Off New Street, Dublin 8.</p> <p>Services Provided: • Art and drama therapy • Tai Chi</p>	<p>DUBLIN</p> <p>RASP – Rehabilitation and Support Programme Tel.: 01 867 4060 Yard 1 Belcamp Lane, Darndale, Dublin 17.</p> <p>Services Provided: • Rehabilitation and support programme • CE programme for participants in rehabilitation • Group therapy • Art and drama • 3 year programme for methadone stable participants • GP referral</p>

<p>DUBLIN</p> <p>Rialto Community Drug Team Tel.: 01 454 0021 rialtocommunitydrugteam@eircom.net St. Andrew's Community Centre, 468 South Circular Road, Rialto, Dublin 8.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Advice • Outreach • Alternative Therapy 	<p>DUBLIN</p> <p>Rutland Centre Ltd. Tel.: 01 494 6358 rutlandcentre@eircom.net Knocklyon Road, Templeogue, Dublin 16.</p> <p>Services Provided: • Intervention • Assessment • Family mobilisation • Pre-treatment counselling • Drug-free residential and family treatment programme • Comprehensive aftercare • Consultation service for employers</p>
	<p>DUBLIN</p> <p>St. Dominic's Stabilisation Programme Tel.: 01 4148632 dominics1@eircom.net St. Dominic's Contact Centre, Tallaght, D24</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • For active drug users • Over 18's • Daily drop-in • Weekly meals • Crisis intervention • Counselling / Support • Information / Referral • Outreach • Training
<p>DUBLIN</p> <p>St John Bosco Youth Centre Tel: 01 456 0100 www.thebosco.net info@thebosco.net Davitt Road, Drimnagh, Dublin 12.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Family therapy • Detoxification 	<p>DUBLIN</p> <p>St. John of God Hospital Tel.: 01 288 1781 www.sjog.ie Stillorgan, Co. Dublin.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Family therapy • Detoxification
<p>DUBLIN</p> <p>St. Patricks Hospital Tel.: 01 249 3200 www.stpatrickshosp.com Steeven's Lane, Jame's Street, Dublin 8.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Family therapy • Detoxification 	<p>DUBLIN</p> <p>St. Vincent's Psychiatric Hospital Tel: 01 884 2401 Richmond Road, Fairview, Dublin 3.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Family therapy • Detoxification

<p>DUBLIN</p> <p>SAOL Project Tel.: 01 855 3391 saol@saolproject.ie 58 Amien Street, Dublin 1.</p> <p>Services Provided: • Non residential rehabilitation for women</p>	<p>DUBLIN</p> <p>Soilse Tel.: 01 872 4535 6-7 North Frederick Street, Dublin 1.</p> <p>Services Provided: • Holistic rehabilitation • Recovery Group • Aftercare</p>
<p>DUBLIN</p> <p>Stanhope Centre Tel.: 01 677 3965 / 677 9447 Grangegorman Lower, Dublin 7.</p> <p>Services Provided: • Individual counselling • Family counselling • Alcohol assessments</p>	<p>DUBLIN</p> <p>Sphere 17, Regional Youth Facility Tel.: 01 867 4348 Darndale, D17</p> <p>Services Provided: • One to one counselling • Group work • Drug and alcohol programmes • Sex education • School programmes • Garda Diversion Project • Drugs worker • Youth worker</p>
<p>DUBLIN</p> <p>The Snug Counselling and Information Service Tel.: 01 878 6231 thesnug@eircom.net The Macro Centre 1, Green Street, Dublin 1.</p> <p>Services Provided: • Counselling • Individual / family support • Drug awareness • Women's Group</p>	<p>DUBLIN</p> <p>Talbot Centre Tel.: 01 836 3434 / 836 6746 086 8507811 talbotcentre@eircom.net 29 Upper Buckingham Street, Dublin 1.</p> <p>Services Provided: • Individual counselling • Family therapy • Child and family work • Advocacy • Family support • Drug education and information • Working with under 21's and families</p>
<p>DUBLIN</p> <p>Tallaght Community Drug Team Tel: 01 451 3894 First Floor, Glan Abbey Centre, Belgard Road, Dublin 24.</p> <p>Services Provided: • Assessment • Counselling • Advice</p>	<p>DUBLIN</p> <p>YODA: Youth Drug and Alcohol Service Tel.: 01 466 5040 2nd Floor, Tallagh Addiction Services, Glenabbey Centre, Belgard Road, Tallagh, D24.</p> <p>Services Provided: • Young persons programme • Family support • Family therapy • Counselling • Multidisciplinary team</p>

<p>FERMANAGH</p> 	<p>FERMANAGH</p> <p>Active Families Programme Tel.: 028 82245321 Fiona.teague@omagh.gov.uk</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Role modelling approach increasing physical activity among disadvantaged families • Delivers preventative message around CHD risk factors including alcohol/smoking/drugs misuse • 12-week programme
<p>FERMANAGH</p> <p>Aisling Centre Tel.: 028 6632 5811 www.aislingcentre.com aislingcentre@btopenworld.com 37 Darling Street, Enniskillen, BT747DP.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Psychotherapy service • Drugs education and awareness programmes • Crèche • Alternative therapy treatments 	<p>FERMANAGH</p> <p>Breakthru Helpline: Freephone 0808 800 2020 mail@breakthru.co.uk www.breakthru.co.uk C/O 18 Killymeal Road, Dungannon, Co. Tyrone, BT71 6LJ.</p> <p>Services Provided: • Early intervention/prevention programmes • Peer education, personal development, life skills • Community-based outreach • Open Referral</p>
<p>FERMANAGH</p> <p>Community Support Service Tel.: 028 8224 0855 www.westerntrust.hscni.net Tyrone and Fermanagh Hospital, 1 Donaghane Rd, Co. Tyrone, BT79 0NS.</p> <p>Services Provided: • Supports communities in identifying and responding to alcohol and drug issues • Assist in producing and facilitating action plans to reduce the impact of alcohol and drugs on local communities.</p>	<p>FERMANAGH</p> <p>Drugwiser Family Support Group Tel.: 07749699243 Helpline: 07708758924 flanagan827@btinternet.com jacquipinholes@hotmail.com Access through the Aisling Centre, 37 Darling Street, Enniskillen, BT747DP.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Support for families of alcohol and drug users
<p>FERMANAGH</p> <p>Drug and Alcohol training Programme Tel.: 028 7186 5236 datp@westerntrust.hscni.net www.westerntrust.hscni.net DATP Office, Oak Villa, Gransha Park, Derry, BT47 6WJ.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Training • Mentoring 	<p>FERMANAGH</p> <p>Ego Project Tel.: 028 6634 3818 www.theegoproject.com info@theegoproject.com The INTEC Centre, 36 East Bridge Street, Enniskillen, BT74 7BT.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Treatment • Education and prevention • Peer leadership • Youth support

FERMANAGH	FERMANAGH
<p>Fermanagh Community Alcohol Support Service (FCAS) Tel: 028 6634 7878 Enniskillen.firsthousing@btinternet.com www.info@firsthousing.com 7 Queen Street, Enniskillen, Co. Fermanagh, BT74 7JR.</p> <p>Services Provided: • For individuals who due to alcohol/drug misuse have difficulty maintaining tenancies/appropriate household conditions • Assessment • Open referral</p>	<p>Health Promotion Department Tel.: 028 7186 5127 Eilish.mccloskey@westerntrust.hscni.net Maple Villa, Gransha Park, Derry, BT47 6WJ.</p> <p>Services Provided: • NCFE Level 1 and 2 Awareness • Leaflets • Literature</p>
FERMANAGH	FERMANAGH
<p>Opportunity Youth and ASCERT - DAISY Tel.: 028 7137 1162 Info@ascert.biz info@opportunity-youth.org www.ascert.biz www.opportunity-youth.org 29a Strand Road, Derry, BT74 7BL.</p> <p>Services Provided: • Drug and Alcohol Intervention Service for young people under 18 and their families • Tier 2/3 treatment, counselling and mentoring support service • Open referral</p>	<p>Ramona House Tel/Fax: 028 8225 2730 Ramona.firsthousing@btinternet.com www.info@firsthousing.com 96 Circular Road, Omagh, County Tyrone, BT79 7HA.</p> <p>Services Provided: • Emergency/acute beds for chronic drinkers recovering from a drinking episode • 4 medium/long stay beds for individuals with an excessive drinking history</p>
FERMANAGH	FERMANAGH
<p>SOLACE: ARC Healthy Living Centre Tel.: 028 6862 8737 Helpline:07990796778 Mannix.magee@archlc.com www.irvinestowndevelopment.com The Rock, 44 Mill Street, Irvinestown, County Fermanagh, BT94 1HQ.</p> <p>Services Provided: • Support • Advocacy • Advice • Education/prevention • Skills development • Development/support workers • Befriending • Recreational facilities • Meal service • Outreach support</p>	<p>Substitute Prescribing Service Tel.: 028 7186 5239 Omagh 028 8283 5852 Josephine.mullin@westerntrust.hscni.net www.westerntrust.hscni.net 1 Donaghane Rd, Tyrone and Fermanagh Hospital, Omagh, BT79 ONS.</p> <p>Services Provided: • Provides substitute-prescribing service for opiate users. • GP Referral</p>
FERMANAGH	FERMANAGH
<p>Western Education and Library Board (Youth Advisory Service) Tel.: 028 7138 2096 sean_cassidy@welbni.org www.welbni.org Strabane Youth Office, Unit 9, Market Centre, Upper Main Street, Strabane, Co. Tyrone.</p> <p>Services Provided: • Training • Education and prevention</p>	

<p>GALWAY</p> 	<p>GALWAY</p> <p>Cuan Mhuire Tel.: 091 797102 Coolarne, Athenry, Co. Galway.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Aftercare • Counselling • Advisory Services • Treats alcohol, gambling and prescription drug addictions in adults
<p>GALWAY</p> <p>HSE Addiction Counselling Service Tel.: 090 9679571 Mental Health Centre, Mountbellew, Co. Galway.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient treatment • Aftercare • Counselling • Advisory Services • Employee Assistance Programme • Treats alcohol, gambling & prescription drug addiction in adults 	<p>GALWAY</p> <p>HSE Addiction Counselling Service Tel.: 093 24695 Day Hospital, 7 Dublin Road, Tuam, Co. Galway.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient treatment • Aftercare • Counselling • Advisory Services • Employee Assistance Programme • Treats alcohol, gambling & prescription drug addiction in adults
<p>GALWAY</p> <p>HSE Addiction Counselling Service Tel.: 090 9759180 Castle Oaks Day Hospital, Dominic St., Portumna, Co. Galway.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Onward referral • Information and Support 	<p>GALWAY</p> <p>HSE Addiction Counselling Service Tel.: 090 9643107 East Galway Psychiatric Services, St Brigid's Hospital, Ballinasloe, Co. Galway.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Community based addiction services • Counselling • Education • Detox • Treats alcohol, drugs, smoking, gambling, and prescription drug addictions in adults
<p>GALWAY</p> <p>HSE Addiction Counselling Service Tel.: 091 630949 Community Day Hospital, Ennis Road, Gort, Co. Galway.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Day Hospital • Counselling • Onward referral • Information and Support 	<p>GALWAY</p> <p>HSE Addiction Counselling Service Tel.: 091 755883 Merlin Park Regional Hospital, Galway.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient treatment • Aftercare • Counselling • Advisory Services • Employee Assistance Programme • Treats alcohol, gambling & prescription drug addiction in adults



GALWAY

HSE Addiction Counselling Service
 Tel.: 091 847556
 Dochas Nua, Bride Street, Loughrea,
 Co. Galway.

- Services Provided:
- Outpatient treatment • Aftercare
 - Counselling • Advisory Services
 - Employee Assistance Programme
 - Treats alcohol, gambling & prescription drug addiction in adults

GALWAY

HSE Drugs Service
 Tel.: 091 847088
 Dochas Nua, Bride Street, Loughrea,
 Co. Galway.

- Services Provided:
- Advice • Information • Support
 - One-to-one drug counselling - all ages
 - Under 18 alcohol counselling
 - Education service for parents and community groups

GALWAY

WRDTF Community Liaison Worker
 Tel.: 093-26548/091-866912/087- 6629953
 www.wrddf.ie
 Youthreach Offices, Airglóoney, Tuam.

- Services Provided:
- Information on substance misuse and on available treatment programmes.
 - Promotion of 'Healthy Lifestyle' choices and 'Positive Alternatives' to substance misuse
 - Liaison with Statutory & Voluntary agencies
 - Research into substance misuse

GALWAY

HSE Drugs Service
 Tel.: 091 561299
 64 Dominick Street, Galway.

- Services Provided:
- Advice • Information • Support
 - One-to-one drug counselling - all ages
 - Under 18 alcohol counselling
 - Education service for parents and community groups

GALWAY

HSE Drugs Service
 Tel.: 093 60474
 The Mall, Tuam, Co. Galway.

- Services Provided:
- Advice • Information • Support
 - One-to-one drug counselling - all ages
 - Under 18 alcohol counselling
 - Education service for parents and community groups

KERRY





<p>KERRY</p> <p>Club Kerry Tel.: 021 4921670 / 066 7184566 hpd.south@hse.ie Health Promotion Department, Kerry Community Services, Rathass, Tralee, Co. Kerry.</p> <p>Services Provided: • Developed by Health Promotion Department, An Garda Síochána, local publicans • Increase awareness of negative effects of drug / alcohol misuse for pub/club employees • Explore / identify solutions</p>	<p>KERRY</p> <p>HSE Counselling and Advisory Services Tel.: 066 9135104 Edward Court, Edward Street, Tralee.</p> <p>Services Provided: • One-to-one Counselling • Non-residential Treatment Programme • Concerned Persons Programme</p>
<p>KERRY</p> <p>Killarney Community Drugs Initiative Tel.: 068 31748 / 086 7364605 sigi@kdys.ie C/o KDYS, Youth Centre, Killarney, Co. Kerry.</p> <p>Services Provided: • Low-threshold intervention for 17 to 21 year olds who are at risk of misusing drugs / alcohol, are currently misusing or who have recently stopped and need ongoing support</p>	<p>KERRY</p> <p>Listowel Community Drugs Initiative Tel.: 068 23744 gerardlowe@kdys.ie C/o Upper Church St., Listowel, Co. Kerry.</p> <p>Services Provided: • Work with young people at risk from drug/alcohol misuse aged 12 - 21 • Family support</p>
<p>KERRY</p> <p>Talbot Grove Treatment Centre Tel.: 066 7141511 Castleisland, Co. Kerry.</p> <p>Services Provided: • Inpatient • Outpatient • Aftercare • Counselling • Advisory Service • Employee Assistance Programme</p>	<p>KERRY</p> <p>Tralee Community Drugs Initiative Tel.: 066 7180190 / 087 6708702 phannafin@partnershiptrali.com C/o Partnership Trali, Ashe Street, Tralee, Co. Kerry.</p> <p>Services Provided: • Inpatient • Outpatient • Aftercare • Counselling • Advisory Service • Employee Assistance Programme</p>
	<p>KILDARE</p> <p>▶</p>


<p>KILDARE</p> <p>Abbey Project Tel.: 085 1052406 kildare.ie/community/directory/details St. Eustace Centre, Parochial House, Main Street, Celbridge.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Information • Onward referral • Holistic therapies • Family support • Drop-in centre 	<p>KILDARE</p> <p>Cuan Mhuire Tel.: 059 8631493 / 8631090 Milltown, Athy, Co. Kildare.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Aftercare • Halfway House • Counselling • Advisory Services • Treats alcohol, drugs & prescription drug addiction in adults
<p>KILDARE</p> <p>Community Alcohol and Drug Service Tel.: 045 446350 Newbridge Health Centre, Henry Street, Newbridge.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Addiction counselling • Outreach • Education • Onward referral • Treats alcohol, drugs, gambling and prescription drug addictions 	<p>KILDARE</p> <p>Community Addiction Team Tel.: 045 872500 Hillview House, Old Kilcullen Road, Naas, Co. Kildare.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Support • Referrals • Assessment • Holistic therapies • Drop-in • Family Support
<p>KILDARE</p> <p>Drug Prevention Education Initiative Tel.: 01 6301560 / 086 8358884 aokeeffe@foroige.ie Foroige Block 12D, Joyce Way, Parkwest, Dublin 12.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Prevention Education • Harm Reduction education • Policy training 	<p>KILDARE</p> <p>Teen Challenge Tel.: 01 6714436 / 087 6523731 Teen Challenge National Office, 42a Pearse Street, Dublin 2.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Drug Prevention and awareness • Outreach • Pre-induction • Rehabilitation • Family care programme
	<p>KILKENNY</p> 

<p>KILKENNY</p> <p>Aislinn Adolescent Addiction Treatment Centre</p> <p>Tel.: 056 8833777 www.aislinn.ie info@aislinn.ie Ballyragget, Co. Kilkenny.</p> <p>Services Provided: • Inpatient • Aftercare • Family Support Programme • Counselling • Group therapy • Treats alcohol, drugs, gambling, prescription drug addictions for people aged 15-21 years old</p>	<p>KILKENNY</p> <p>Carlow/Kilkenny Substance Misuse Team</p> <p>Tel.: 056 778 4638 Kickam Street, Kilkenny.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Drug Treatment • Methadone Prescription • Onward Referral • Drug Education
<p>KILKENNY</p> <p>HSE Community Addiction Service</p> <p>Tel.: 056 7763677 St. Luke's General Hospital, Kilkenny.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Extended Care • Counselling • Advisory Services • Treats alcohol, drugs & prescription drug addiction in teens and adults 	<p>KILKENNY</p> <p>Kilkenny City Community Based Drug Initiative / Kilkenny Rural CBDI</p> <p>Tel.: 056 7761200 mbay@ossaryyouth.com dgray@ossaryyouth.com Ossory Youth, Desart Hall, New Street, Kilkenny.</p> <p>Services Provided: • Information • Onward Referral • One-to-one or Group Support • Education • Community Involvement</p>
<p>LAOIS</p> <p>▶</p>	<p>LAOIS</p> <p>Community Alcohol and Drugs Service (CADS)</p> <p>Tel.: 057 8692516 1 Coote Street, Portlaoise, Co. Laois.</p> <p>Services Provided: • Assessment • Counselling • Education and information • Outpatient psychiatric clinics for people with Alcohol & Drug problems and their families • Methadone Maintenance & Urinalysis Out Patient Clinics • Covers Co. Laoise and Co. Offaly</p>
	<p>LEITRIM</p> <p>▶</p>

<p>LEITRIM</p> <p>HSE Alcohol & Substance Counselling Services Tel.: 071 918 3002 Day Centre, The Rock, Ballymote, Co. Sligo.</p> <p>Services Provided: • Outpatient • Aftercare • Counselling • Advice & information • Employee Assistance Programme • Treats alcohol, drugs & prescription drug addiction in teens and adults • Covers Co. Sligo and Co. Leitrim</p>	<p>LEITRIM</p> <p>HSE Alcohol & Substance Counselling Services Tel.: 071 9621215 Summer Hill Lodge, Carrick-on-Shannon, Co. Leitrim.</p> <p>Services Provided: • Community based • Counselling • Advice • Prevention and education services</p>
<p>LIMERICK</p> <p></p>	<p>LIMERICK</p> <p>ALJEFF Treatment Centre Tel.: 061 319053 info@aljeff.org www.aljeff.org11 Clareview Terrace, South Circular Road, Limerick.</p> <p>Services Provided: • Drug / Alcohol awareness and prevention • Addiction counselling • Prison programme • Homeless outreach • Family support</p>
<p>LIMERICK</p> <p>Churchtown Day Hospital Tel.: 069 61799 Newcastle, Co. Limerick.</p> <p>Services Provided: • Inpatient • Outpatient • Aftercare • Counselling • Advisory Services • Treats alcohol, drugs, gambling and prescription drug addictions in adults</p>	<p>LIMERICK</p> <p>Cuan Mhuire Tel.: 063 90555 Bruree, Co. Limerick.</p> <p>Services Provided: • Inpatient • Outpatient • Detox • 2-Year Aftercare Programme • Transition House • Treats alcohol, drugs, gambling and prescription drug addictions in adults</p>
<p>LIMERICK</p> <p>HSE Drug & Alcohol Service Tel.: 061 318633 Locall: 1850 700 850 Sláinte Health Advice Centre, 57 O'Connell Street, Limerick.</p> <p>Services Provided: • Counselling • Information • Referrals • Prescription clinic • Limerick, Clare and North Tipperary Primary Care Team • Needle exchange • Community Outreach • Education / training • Treats alcohol, drugs, gambling, prescription drug addictions</p>	<p>LIMERICK</p> <p>Kilmallock Day Hospital Tel.: 063 98668 Railway Road, Kilmallock, Co. Limerick.</p> <p>Services Provided: • Inpatient • Outpatient • Aftercare • Counselling • Advisory Services • Treats alcohol, drugs, gambling and prescription drug addictions in adults</p>

<p>LIMERICK</p> <p>Limerick County Community Drug Team Tel.: 069 61430 Carnegie Centre, Bishop Street, Newcastle West, Co. Limerick.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Advice • Outreach work • Education 	<p>LIMERICK</p> <p>St. Anne's Day Hospital Tel.: 061 315177 Roxboro Road, Limerick.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient • Aftercare • Counselling • Treats alcohol, drugs, gambling and prescription drug addictions in adults
<p>LIMERICK</p> <p>Tevere Day Hospital Tel.: 061 452971 Shelbourne Road, Limerick.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient • Aftercare • Counselling • Treats alcohol, drugs, gambling and prescription drug addictions in adults 	<p>LONGFORD</p> 
<p>LONGFORD</p> <p>Community Alcohol & Drugs Service (CADS) Tel.: 044 9341630 sec.cadsmullingar@hse.ie Leader House, Dublin Road, Longford.</p> <p>Services Provided: • Assessment • Counselling • Education / information • Outpatient clinics for people with Alcohol & Drug problems and their families • Opiate and Urinalysis Out Patient Clinics in Re Nua, Athlone</p>	
<p>LOUTH</p> 	<p>LOUTH</p> <p>Crossroads Project Tel.: 041 9846981 82 Trinity Street, Drogheda, Co. Louth.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Drop-in • Referral • Information • Social care and drug education / harm reduction programme • Social & vocational activities • Counselling • Day programme • Aftercare programmes (NA/AA) • Family support



<p>LOUTH</p> <p>Dundalk Counselling Centre Tel.: 042 9338333 "Oakdene", 3 Seatown Place, Dundalk, Co. Louth.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Advisory Services • Treats alcohol, drugs, gambling and prescription drug addictions in adults 	<p>LOUTH</p> <p>Drogheda Partnership – New Start Project Tel.: 041 9842088 Workspace Centre, Mayoralty St., Drogheda, Co Louth.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Day programme • Counselling • Peer support • Advice & referral
<p>LOUTH</p> <p>Drogheda Community Drug & Alcohol Forum Tel.: 041 9842088 www.droghedapartnership.ie c/o Drogheda Partnership, Workspace centre, Mayoralty St, Drogheda, Co. Louth.</p> <p>Services Provided: • Public information</p> <ul style="list-style-type: none"> • Prevention education initiatives • Parental drugs education programmes 	<p>LOUTH</p> <p>HSE Alcohol Service Tel.: 042 9326156 Ladywell Centre, Louth County Hospital, Dublin Road, Dundalk, Co. Louth.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Information • Specialist advice • Resources • Training • Counselling
<p>LOUTH</p> <p>HSE Alcohol Counselling Service Tel.: 041 6853264 St. Brigid's Hospital, Ardee, Co. Louth.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Aftercare • Counselling • Advisory Services • Employee Assistance Programme • Treats alcohol, drugs, eating disorders and prescription drug addictions in adolescents 	<p>LOUTH</p> <p>HSE North Louth Drug Outreach & Addiction Counselling Service Tel.: 042 935 7516 3 Chapel Street, Dundalk.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Assessment • Support • Withdrawal treatment • Counselling • Referral
<p>LOUTH</p> <p>HSE South Louth Drug Outreach & Addiction Counselling Service Tel.: 041 984 3531 11 Chord Road, Drogheda.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Assessment • Support • Withdrawal treatment • Counselling • Referral 	<p>LOUTH</p> <p>ISPCC 4ME Tel.: 041 9833406 www.ispcc.ie 70 Trinity Street Street, Drogheda, Co. Louth.</p> <p>Services Provided: • Youth mentoring & counseling to young people at risk (13-18 years)</p> <ul style="list-style-type: none"> • Individual counseling through face-to-face, telephone, text or web-based initiatives • Group work • Outreach

<p>LOUTH</p> <p>Make Change Project Tel.: 042 9326645 (Family support 087 317 9654) Ait na nDaoine CDP, Muirhevnemor, Dundalk.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Drop-in / advice service for drug users and their families • Support groups • Provision of drug education & prevention to parents and young people 	<p>LOUTH</p> <p>PYE School Peer Education Project Tel.: 042 9330258 pyeprogrammes@yahoo.com 112 Ard Easmuinn, Dundalk, Co. Louth.</p> <p>Services Provided: • Deliver a number of Peer Education programmes to schools in the North East • Aim to enable young people to become Peer Educators in relation to Smoking, Alcohol and Drugs, which can then be passed on to their peers, families and communities</p>
<p>LOUTH</p> <p>TURAS Counselling Services Tel.: 042 9338221 / 9338224 turascounsellingservice@gmail.com 59 Clanbrassil Street, Dundalk, Co Louth.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • 20 - week day care programme for recovering drug users (and alcohol if under 18) • Motivational work prior to the Aftercare Programme • Individual counselling 	<p>MAYO</p> 
<p>MAYO</p> <p>Castlebar Counselling & Therapy Centre Tel.: 094 9028746 castlebarpsychotherapy 'Four Winds', Westport Road, Castlebar, Co. Mayo.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Support • Treats alcohol, drugs, gambling and prescription drug addiction in adults 	<p>MAYO</p> <p>Hope House Tel.: 094 9256888 hopehouse@eircom.net www.hopehouse.ie Foxford, Co. Mayo.</p> <p>Services Provided: • Inpatient • Outpatient</p> <ul style="list-style-type: none"> • Aftercare • Counselling • Advisory Services • Employee Assistance Programme • Treats alcohol, gambling, illicit and prescribed drug addictions in adults • Family counselling
<p>MAYO</p> <p>HSE Addiction Counselling Service Tel.: 094 9021733 St. Mary's Hospital, Castlebar, Co. Mayo.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Aftercare • Counselling • Advisory Services • Treats alcohol, gambling and prescription drug addictions in adults 	<p>MAYO</p> <p>HSE Addiction Counselling Service Tel.: 096 20300 Ballina Community Mental Health Centre, Mercy Road, Ballina, Co. Mayo.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient • Aftercare • Counselling • Advisory Service • Treats alcohol, gambling and prescription drug addictions in adults





<p>MAYO</p> <p>HSE Addiction Counselling Service Tel.: 094 9541615 Ballinrobe Day Centre, Ballinrobe, Co. Mayo.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient • Aftercare • Counselling • Advisory Service • Treats alcohol, gambling and prescription drug addictions in adults 	<p>MAYO</p> <p>HSE Addiction Counselling Service Tel.: 094 52715 Swinford Treatment Centre, The Lodge, Dublin Road, Swinford, Co. Mayo.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Aftercare • Counselling • Advisory Service • Treats alcohol, drugs, gambling and prescription drug addictions in adults
<p>MAYO</p> <p>HSE Drugs Service Tel.: 096 60060 Neighbourhood Youth Service, Pearse Street, Ballina, Co. Mayo.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Information • Advice • Support • Drugs counselling for adults/teens • Alcohol counselling for under 18's • Education for parents and community groups 	<p>MAYO</p> <p>HSE Drugs Service Tel.: 094 9020430 The Arcade, Main Street, Castlebar, Co. Mayo.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Advice • Information • Support • Drugs counselling for all ages • Alcohol counselling for teens • Education for parents and community groups
<p>MAYO</p> <p>WRDTF Community Liaison Worker Tel.: 087 6682392 clwmayo@eircom.net www.wrdtf.ie Mayo VEC Admin. Offices, Cavendish House, Hopkins Road, Castlebar, Co. Mayo.</p> <p>Services Provided: • Information on substance misuse & treatment programmes • Promotion of 'Healthy Lifestyle' choices and 'Positive Alternatives' to substance misuse • Liaison with relevant agencies • Substance misuse research</p>	<p>MEATH</p> <p></p>

<p>MEATH</p> <p>Aisling Group International (Charity) Tel.: 046 9074300 www.aislinggroupinternational.ie P.O. Box 26, Bradan House, Navan, Co. Meath.</p> <p>Services Provided: • Counselling/Recovery programme • Drug and alcohol training/education • Community Group development • Drug Policy Development • Family/organisation support • Early intervention programmes</p>	<p>MEATH</p> <p>HSE Alcohol Service Tel.: 046 9071648 Clonard House, Market Square, Navan, Co. Meath.</p> <p>Services Provided: • Information • Specialist advice • Resources • Training • Counselling</p>
<p>MEATH</p> <p>HSE Alcohol Service Tel.: 046 9076400 Health Promotion Unit, N.E.H.B., Railway Street, Navan, Co. Meath.</p> <p>Services Provided: • Assessment • Support • Withdrawal treatment • Counselling • Referral</p>	<p>MEATH</p> <p>Pillar Family Support Group Tel.: 086 8404395 7 Abbey View, Slane, Co. Meath.</p> <p>Services Provided: • Support meetings for friends and family of drug and alcohol users</p>
<p>MEATH</p> <p>South Meath Response Project Tel.: 046 9437245 smrproject@eircom.net www.community.meath.ie/smrproject The Maudlins Centre, Trim, Co. Meath.</p> <p>Services Provided: • Family support groups • Parental/adult drugs education • Community level access to drugs-related information • Counselling for post-primary pupils identified through the existing 'Open Space' project</p>	<p>MEATH</p> <p>South Meath Family Support Group Tel.: 086 408 1511</p> <p>Services Provided: • Support meetings for friends and family of drug and alcohol users</p>
<p>MEATH</p> <p>St. James Camino Network Tel.: 046 9549241 Meadowbrook, Cloncurry Cross, Enfield, Co. Meath.</p> <p>Services Provided: • Holistic approach to rehabilitation and education • Group therapy • Individual counselling • Family support • Relapse prevention • Accommodation support • Residential programme</p>	<p>MEATH</p> <p>Tabor House Tel.: 046 9077909 Trim Road, Dillonstown, Navan, Co. Meath.</p> <p>Services Provided: • Inpatient treatment • 3 month minimum counselling for clients who completed the Tabor House programme • Family support • Support including re-housing, employment, training / education • Intervention counselling • Aftercare</p>

<p>MONAGHAN</p> 	<p>MONAGHAN</p> <p>Cavan/Monaghan Drug Awareness Tel.: 042 966 6983 Henry St., Bailieborough, Co. Cavan.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Addiction Counselling • Family Support • Education/Awareness Programmes • Auricular Acupuncture • Provision of literature • Treats alcohol, drugs, gambling and prescription drug addictions
<p>MONAGHAN</p> <p>Cavan / Monaghan Drug Education Initiative Tel.: 047 71663 Sharon.cumiskey@foroige.ie Monaghan Neighbourhood Youth Project, Ardree House, Glen Road, Monaghan.</p> <p>Services Provided: • Individual work • Group work • Family support • Advice and information • Peer education</p>	<p>MONAGHAN</p> <p>Cuan Mhuire Tel.: 042 9748533 Curfad, Ballybay, Co. Monaghan.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Referral • AA, AI Anon & GA meetings • Residential & non residential
<p>MONAGHAN</p> <p>HSE Addiction Resource Centre Tel.: 047 72100 Local Health Centre Unit, Rooskey, Monaghan.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient • Aftercare • Counselling • Advisory services • Employee Assistance Programme • Treats alcohol, drugs, gambling and prescription drug addictions in adults 	<p>MONAGHAN</p> <p>ISPCC 4ME Tel.: 047 84420 3 Hill Street, Monaghan.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Youth mentoring & support • Family support • Advice & referral
<p>MONAGHAN</p> <p>St Davnet's Hospital Services Tel.: 047 77400 St Davnet's Hospital, Monaghan.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Extended Care • Counselling • Advisory Services • Treats alcohol, drugs, gambling and prescription drug addictions in adults. 	

<p>OFFALY</p> 	<p>OFFALY</p> <p>Community Alcohol & Drugs Service (CADS) Tel.: 057 8692516 sec.cadspportlaoise@hse.ie 1 Coote Street, Portlaoise, Co. Laois.</p> <p>Services Provided: • Assessment • Counselling • Education • Information • Outpatient clinics for people with Alcohol / Drug problems and their families • Methadone Maintenance & Urinalysis Out Patient Clinics • Covers Laoise and Offaly</p>
<p>OFFALY</p> <p>Community Alcohol & Drug Services (CADS) Tel.: 057 8692516 sec.cadspportlaoise@hse.ie CMHC, Birr.</p> <p>Services Provided: • Assessment • Counselling • Education • Information • Outpatient clinics for people with Alcohol & Drug problems and their families • Methadone Maintenance & Urinalysis Out Patient Clinics in Portlaoise (057 8692516)</p>	<p>OFFALY</p> <p>Kedron Counselling & Therapy Centre Tel.: 046 973331 kedron@eircom.net St. Mary's Road, Edenderry, Co. Offaly.</p> <p>Services Provided: • Counselling • Support • Treats alcohol, drugs, gambling and prescription drug addiction in adults</p>
<p>ROSCOMMON</p> 	<p>ROSCOMMON</p> <p>HSE Addiction Counselling Services Tel.: 090 6626477 The Lodge, Co. Hospital, Roscommon.</p> <p>Services Provided: • Outpatient • Aftercare • Counselling • Advisory Services • Treats alcohol, drugs, gambling and prescription drug addictions in adults</p>
<p>ROSCOMMON</p> <p>HSE Drugs Service Tel.: 090 6625395 Roscommon Youth Information Service, Castle Street, Roscommon.</p> <p>Services Provided: • Advice • Information • Support • Drugs counselling for all ages • Alcohol counselling for teens • Education for parents and community groups</p>	<p>ROSCOMMON</p> <p>HSE Drugs Service Tel.: 071 9664801 Neighbourhood Youth Project, St. Josephs Resource Centre, Abbeytown, Boyle.</p> <p>Services Provided: • Advice • Information • Support • Drug counselling for all ages • Alcohol counselling for under 18's • Education service for parents and community groups</p>

<p>ROSCOMMON</p> <p>WRDTF Community Liaison Worker Tel: 09066 34189 / 086-8522969 www.wrdtf.ie Co. Roscommon VEC, Castlecourt House, Castle St., Roscommon.</p> <p>Services Provided: • Information on substance misuse and treatment programmes • Promotion of 'Healthy Lifestyle' choices and of 'Positive Alternatives' to substance misuse • Liaison with relevant agencies • Substance misuse research</p>	<p>SLIGO</p> 
<p>SLIGO</p> <p>HSE Alcohol and Substance Counselling Service Tel.: 071 918 5966 Tubbercurry Health Centre, Tubbercurry, Co. Sligo.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Advice • Prevention • Education 	<p>SLIGO</p> <p>HSE Alcohol and Substance Misuse Counselling Service Tel.: 071 9183002 Day Centre, The Rock, Ballymote, Co. Sligo.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Advice • Prevention • Education
<p>SLIGO</p> <p>HSE Alcohol and Substance Counselling Service Tel.: 071 9149100 Charter House, Old Market Street, Sligo.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • One to one Counselling • Advice • Prevention • Education • Assessment • Relapse Prevention 	<p>TIPPERARY</p> 
<p>TIPPERARY</p> <p>Aiséirí Tel.: 052 41166 aiseiri@eircom.net www.aiseiri.ie Aiséirí Treatment Centre, Townspark, Cahir, Co. Tipperary.</p> <p>Services Provided: • Inpatient • Outpatient • Counselling • Aftercare • Advisory Services • Employee Assistance Programme • Treats alcohol, drugs, gambling and prescription drugs addictions in adults</p>	<p>TIPPERARY</p> <p>Alcohol & Addiction Treatment Service Tel.: 052 26533 Coolgreaney House, Queen Street, Clonmel, Co. Tipperary.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient • Aftercare • Counselling • Advisory Services • Employee Assistance Programme

<p>TIPPERARY</p> <p>Clonmel Community Based Dugs Initiative</p> <p>Tel.: 052 70876 ccbdi@wysr.iol.ie The Wilderness Youth & Community Centre, Wilderness Grove, Clonmel, Co. Tipperary.</p> <p>Services Provided: • Information & support • Parent & family support • Drug education • Peer education</p>	
<p>TIPPERARY</p> <p>Mid West Community Based Drugs Initiative</p> <p>Tel.: 062 52604 mdti@eircom.net Hogan Square, Cashel, Co. Tipperary.</p> <p>Services Provided: • Information & support • Parent & family support • Drug education • Peer education</p>	<p>TIPPERARY</p> <p>North Tipperary Drug and Alcohol Service</p> <p>Tel.: 067 42220 / 42221 ntdas@eircom.net 94a Silver Street, Nenagh, Co. Tipperary.</p> <p>Services Provided: • Counselling • Advice • Outreach work • Treats alcohol, drugs, gambling and prescription drugs addictions in adults</p>
<p>TIPPERARY</p> <p>North Tipperary Mental Health Services</p> <p>Tel.: 067 46811 ntdas@eircom.net Dromin House, 2 Dromin Road, Nenagh, Co. Tipperary.</p> <p>Services Provided: • Counselling • Assessment • Detoxification • Advice</p>	<p>TIPPERARY</p> <p>South Tipperary Substance Misuse Department</p> <p>Tel.: 052 77900 Health Service Executive, 11-12 Peter Street, Clonmel, Co. Tipperary.</p> <p>Services Provided: • Counselling • Drug Education</p>
<p>TIPPERARY</p> <p>South Tipperary Drugs Outreach Worker</p> <p>Tel.: 086 8561683 stdo.wrys@iol.ie South Tipperary Outreach Project, Youth Information Centre, Irish Town, Clonmel, Co. Tipperary.</p> <p>Services Provided: • For young people aged 13+ involved in substance misuse and experiencing social exclusion • Support and encouragement, addressing the issues/problems in their lives</p>	<p>TIPPERARY</p> <p>Suir Valley Community Based Drugs Initiative</p> <p>Tel.: 051 645775 carrickyic@eircom.net</p> <p>Services Provided: • Information & support • Parent & family support • Drug education • Peer education</p>

TIPPERARY	TIPPERARY
<p>The Haven Tel.: 052 54676 www.stauros.com/haven.htm Coalbrook, Thurles, Co Tipperary.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Residential care • Provision of spiritual, emotional and physical help by providing a comprehensive, Biblically based programme to address such issues • Education • Training • Resources 	<p>Thurles Addiction Counselling Service Tel.: 0504 23828 St. Mary's Health Centre, Upper Parnell Street, Thurles, Co. Tipperary.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Assessment • Detoxification • Advice
<p style="font-size: 2em; margin: 0;">TYRONE</p>	TYRONE
	<p>Active Families Programme Tel.: 028 82245321 Fiona.teague@omagh.gov.uk</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Role modelling approach to increase physical activity among disadvantaged families • Prevention / education • 12-week programme
TYRONE	TYRONE
<p>Addiction Treatment Unit Tel.: 028 8283 5443 (alcohol) Tel.: 028 8283 5203 (drugs) Tyrone and Fermanagh Hospital, Hospital Road, Omagh, BT9 0NS.</p> <p>Services Provided: • Residential treatment</p> <ul style="list-style-type: none"> • Counselling in Tyrone and Fermanagh • Advice • Support • Education • Helpline • Family group meeting • Women's group meetings 	<p>Break Thru Centre Tel.: 028 8775 3228 mail@breakthru.co.uk 18 Killymeal Dungannon Co. Tyrone, BT71 6LJ.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Community Development • Education • Information • Onward referral • Work with parents • Training • Outreach • Suicide Prevention • Self harm counselling
TYRONE	TYRONE
<p>Community Support Service Tel.: 028 8224 0855 www.westerntrust.hscni.net 1 Donaghane Road, Omagh, Co. Tyrone, BT9 0NS.</p> <p>Services Provided: • Supports communities in identifying and responding to alcohol and drug issues • Assist in producing and facilitating action plans to reduce the impact of alcohol and drugs on local communities.</p>	<p>Cookstown / Dungannon Divisional Youth Office Tel.: 028 8772 2167 Unit 6, 7-9 Market Square, Dungannon, BT70 1JF.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Advice • Support • Education

<p>TYRONE</p> <p>Drug and Alcohol Training Programme Tel.: 028 7186 5236 datp@westerntrust.hscni.net www.westerntrust.hscni.net DATP Office, Oak Villa, Gransha Park, Derry, BT47 6WJ.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Training • Mentoring 	<p>TYRONE</p> <p>Health Promotion Department Tel.: 028 7186 5127 Eilish.mccloskey@westerntrust.hscni.net Maple Villa, Gransha Park, Derry, BT47 6WJ.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • NCFE Level 1 and 2 awareness • Leaflets • Literature
<p>TYRONE</p> <p>Opportunity Youth and ASCERT - DAISY Tel.: 028 7137 1162 info@ascert.biz info@opportunity-youth.org www.ascert.biz www.opportunity-youth.org 29a Strand Road, Derry, BT74 7BL.</p> <p>Services Provided: • Drug and Alcohol Intervention Service for young people and their families. • Accessible to young people under 18 years • Tier 2/3 treatment, counselling and mentoring support service • Self referral and open referral</p>	<p>TYRONE</p> <p>Parents Advice Centre (Dungannon) Tel.: 028 8775 2900 Freephone: 0808 8010 722 parents@pachelp.org www.parentsadvicecentre.org 1 Feenys Lane, Dungannon, BT70 1TX.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Support and counselling
<p>TYRONE</p> <p>Probation Board (NI) Drink driving Programme – Northern Ireland Tel.: 028 8224 6051 admin.Omagh@pbni.org.uk www.pbni.org.uk Omagh Probation Office, High Street, Omagh, BT78 1 BA.</p> <p>Services Provided: • A court-mandated programme for individuals disqualified from driving includes multi-agency inputs. • Participants pay £150 to attend.</p>	<p>TYRONE</p> <p>Substitute Prescribing Service Tel.: 028 7186 5239 Omagh 028 8283 5852 Josephine.mullin@westerntrust.hscni.net www.westerntrust.hscni.net 1 Donaghane Rd, Tyrone and Fermanagh Hospital, Omagh, BT79 0NS.</p> <p>Services Provided: • Provides substitute-prescribing service for opiate users. • GP Referral</p>
<p>TYRONE</p> <p>TIPSA (Teenagers Involved in Protecting Selves Around Alcohol) Tel.: 028 8676 3388 www.cookstownhelp.com info@cookstownhelp.com Gortalowry House, 94 Church Street, Cookstown, BT80 8HX.</p> <p>Services Provided: • Information / education • Training for young people, parents, groups • Works in Co. Derry also</p>	<p>TYRONE</p> <p>Western Education and Library Board (Youth Advisory Service) Tel.: 028 7138 2096 sean_cassidy@welbni.org www.welbni.org Strabane Youth Office, Unit 9, Market Centre, Upper Main Street, Strabane, Co Tyrone.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Training • Education and prevention



WATERFORD



WATERFORD

A.C.C.E.P.T. Addiction Treatment Services (Brook House)

Tel.: 051 842790
Brook House, Cork Road, Waterford.

Services Provided:

- Inpatient • Outpatient
- Aftercare • Counselling
- Advisory Services
- Treats alcohol, drugs, gambling and prescription drugs addictions in adults

WATERFORD

Axis Youth Project

Tel.: 051 358638
Ballybeg Youth Resource Centre,
Clonard Park, Ballybeg, Waterford.

Services Provided:

- Accessing facilities for 10-19yr olds at risk of substance misuse
- Out-of-hours activities
- Funded by the Young People's Facilities and Services Fund • Community worker

WATERFORD

County Waterford Community Based Drugs Initiative

Tel.: 051 998723
cwcdbdi2.wrys@iol.ie
Community Building, Ard An Ghleanna,
Tramore, Co. Waterford.

Services Provided:

- Information & support
- Parent & family support
- Drug education • Peer education

WATERFORD

Aiséirí

Tel.: 051 853 974
aiseiri@eircom.net
Ceim Eile, Waterford.

Services Provided:

- Inpatient • Outpatient
- Counselling • Aftercare • Advisory Services
- Employee Assistance Programme
- Treats alcohol, drugs, gambling, prescription drugs addictions in adults

WATERFORD

County Waterford Community Based Drugs Initiative

Tel.: 058 48946
cecdbdi@wrys.iol.ie
C/O Dungarvan Youth Resource
Centre, Rinnasillogue, Dungarvan,
Co. Waterford.

Services Provided:

- Information & support • Parent & family support • Drug education • Peer education

WATERFORD

E.A.P. Institute


Tel.: 051 855733
eapinstitute@eircom.net
143 Barrack Street, Waterford.


Services Provided:

- Counselling
- Employee Assistance Programme
- Advisory Service

SECTION FIVE -
WHERE TO GET HELP

<p>WATERFORD</p> <p>Farronshoneen Community Youth Project Tel.: 086 8586869 Farronshoneen Youth and Community Centre, Farronshoneen, Upper Grange, Waterford.</p> <p>Services Provided: • Working with unattached and at risk young people between the ages of 8-15 • Target areas are Farran Park/Catherine's Grange Community Youth Project, Closegate, Military Barracks and Rice Park area</p>	<p>WATERFORD</p> <p>Foróige Tel.: 051 833833 foroigefydp@hotmail.com Ferrybank Community Centre, Ross Road, Ferrybank, Waterford.</p> <p>Services Provided: • For young adults between 15 and 21 years old • Personal and community development • Targeted programmes • Information • Alternative activities</p>
<p>WATERFORD</p> <p>Frontline Drugs Worker (Waterford City) Tel.: 051 351105 niamhfp@eircom.net Millenium Youth and Community Centre, Church Road, Lisduggan, Waterford.</p> <p>Services Provided: • For those aged 13-21 misusing drugs and experiencing exclusion • Covering Larchville, Lisduggan, Ballybeg, John's Park, Catherine's Grange, Farran Park, Kilcohan, St. Herblain</p>	<p>WATERFORD</p> <p>Frontline Drugs Worker (Waterford Co.) Tel.: 086 3886936 frontline2.wrys@iol.ie Community Building, Ard An Ghleanna, Tramore, County Waterford.</p> <p>Services Provided: • For young people between the ages of 13-21 involved in high-risk drug misuse who are experiencing exclusion because of their drug use and socio-economic background • Covering the wider County Waterford area</p>
<p>WATERFORD</p> <p>HSE South East Regional Drug Service Tel.: 051 373333 drughelpline@eircom.net 52 Upper Yellow Road, Waterford.</p> <p>Services Provided: • Counselling • Advisory Services • Treats alcohol, drugs, gambling and prescription drug addictions in adults</p>	<p>WATERFORD</p> <p>Inner City Community Based Drugs Initiative Tel.: 086 8561641 cscbi.wrys@iol.ie Cityside Community Based Drug Initiative, Abbeylands Community Building, No. 1 & 2 Ferrybank, Waterford.</p> <p>Services Provided: • Information & support • Parent & family support • Drug education • Peer education</p>
<p>WATERFORD</p> <p>Inner City Community Youth Project Tel.: 051 850715 innercityyp1@eircom.net Unit 24, Johnstown Business Park, Johnstown, Waterford.</p> <p>Services Provided: • Working with unattached and at risk young people between the ages of 8-15 • Target areas are Farran Park / Catherine's Grange Community Youth Project, Closegate, Military Barracks and Rice Park area</p>	<p>WATERFORD</p> <p>Making Connections Programme/ Special FÁS CE Drug Programme Tel.: 051 351105 Millenium Youth and community Centre, Church Road, Lisduggan, Waterford.</p> <p>Services Provided: • FÁS Funded programme • Rehabilitation services focusing on general life skills • Vocational opportunities</p>

<p>WATERFORD</p> <p>Northern Suburbs Community Youth Project Tel. 051 590284 64 Logloss, Gracedieu Heights, Waterford.</p> <p>Services Provided: • Opportunities for unattached young people aged between 10-21 primarily from the Hillview, Gracedieu / Logloss areas • Recreational activities • Developmental programmes • Funded by the Young People's Facilities and Services Fund</p>	<p>WATERFORD</p> <p>Southside Community Based Drugs Initiative Tel.: 051 8435525 southside@wrys.iol.ie Youth Resource Cebtre, John's Park, Waterford.</p> <p>Services Provided: • Information & support • Parent & family support • Drug education • Peer education</p>
<p>WATERFORD</p> <p>TREO Tel.: 051 379740 treoportlairge@eircom.net 34 Tycor Business Centre, Tycor, Waterford.</p> <p>Services Provided: • Basic education, training and life skills programmes • Supporting participants in accessing appropriate community based responses</p>	<p>WATERFORD</p> <p>Waterford City Community Based Drugs Initiative Tel.: 051 35100 wcbdi@wrys.iol.ie Millenium Youth and Community Centre, Church Road, Lisduggan, Waterford.</p> <p>Services Provided: • Information & support • Parent & family support • Drug education • Peer education</p>
<p>WATERFORD</p> <p>Waterford Outreach Worker Tel.: 086 8561681 wdo.wrys@iol.ie Waterford Outreach Drug Project, C/O Youth Resource Centre, 2 Friary Street, Dungarvan, Co. Waterford.</p> <p>Services Provided: • For young people aged 13+ involved in substance misuse and experiencing social exclusion • Support and encouragement to address the issues/problems in their lives</p>	<p>WATERFORD</p> <p>Waterford Substance Misuse Team Tel.: 051 301 201 Health Service Executive, 10A Waterside, Waterford.</p> <p>Services Provided: • Counselling for adults and adolescents • Drug education and awareness • Drug prevention projects</p>
	<p>WESTMEATH</p> <p style="text-align: right;">▶</p>

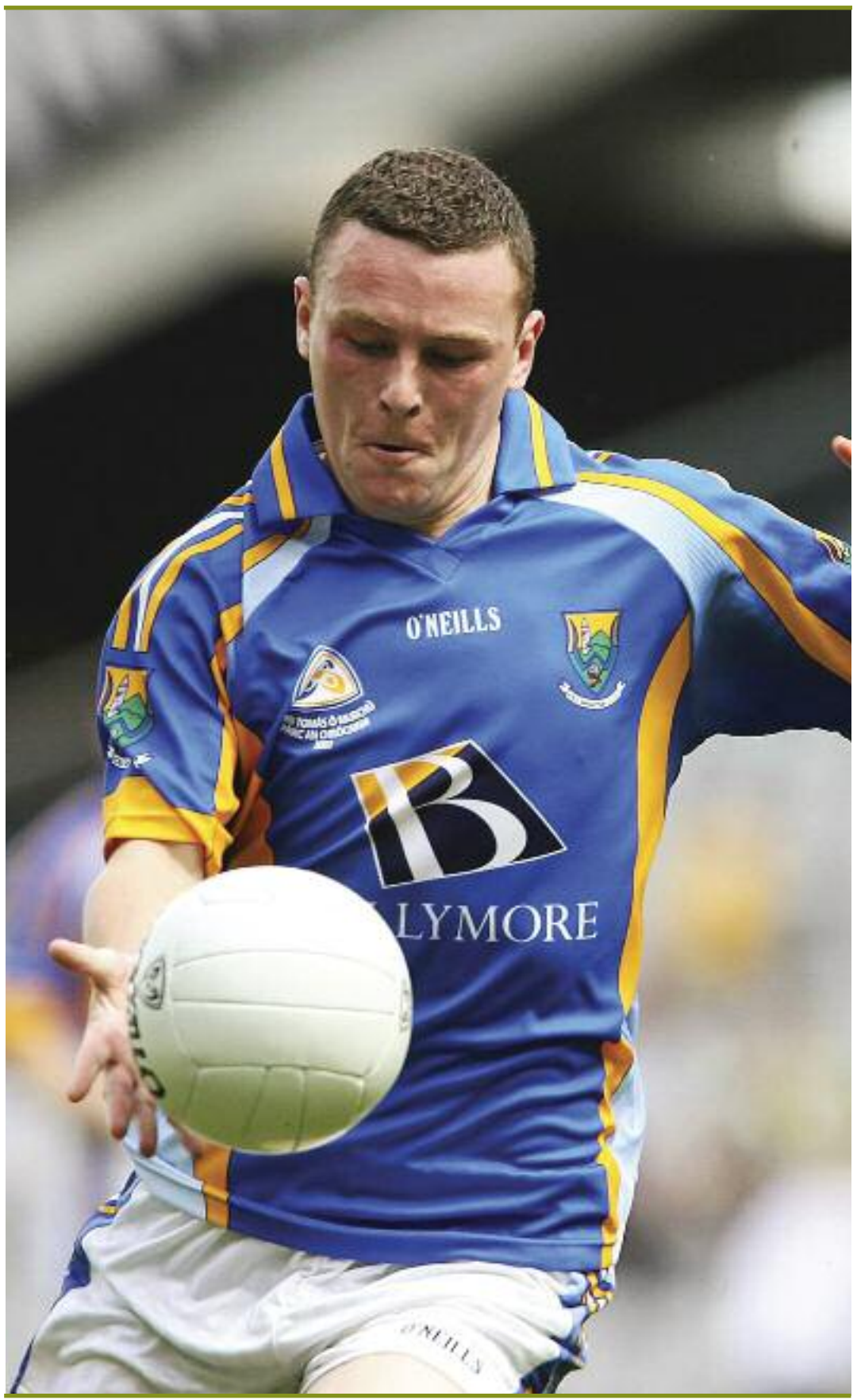
<p>WESTMEATH</p> <p>Athlone Drug Awareness Group Tel.: 090 6474028 C/O St Martins Centre, St Vincents Hospital, Athlone, Co. Westmeath.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Drug awareness talks • Non-alcoholic youth discos/events • Dissemination of material on substance misuse 	<p>WESTMEATH</p> <p>Community Alcohol & Drug Service (CADS) Tel.: 090 6491305 sec.cadsathlone@hse.ie Re Nua, St. Vincent's Hospital, Athlone, Co. Westmeath.</p> <p>Services Provided: • Assessment • Outpatient clinics for people with Alcohol / Drug problems and their families • Methadone Maintenance Clinics & Urinalysis Out Patient Clinics • Counselling • Education and information</p>
<p>WESTMEATH</p> <p>Community Alcohol & Drug Service (CADS) Tel.: 044 9341630 INCA Building, Martin's Lane, Mullingar, Co. Westmeath.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Assessment • Counselling • Education and information • Outpatient clinics for people with Alcohol / Drug problems and their families 	<p>WESTMEATH</p> <p>St. Loman's Hospital Tel.: 044 40191 Mullingar, Co. Westmeath.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Aftercare • Counselling • Advisory Services • Treats alcohol, drugs, gambling and prescription drugs addictions in adults
<p>WEXFORD</p> 	<p>WEXFORD</p> <p>Aiséirí Treatment Centre Tel.: 053 9141818 wexford@aiseiri.ie www.aiseiri.ie Roxborough, Wexford.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • 28 day residential treatment programme • 2 year continuing care programme • Family support programme • Treats alcohol, drugs, gambling and prescription drug addictions in adults
<p>WEXFORD</p> <p>Community Alcohol / Drug Services Tel.: 053 9243200 / 9123899 ext 225 St. Senan's Hospital, Enniscorthy, Co. Wexford.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Aftercare • Counselling • Advisory Services • Employee Assistance Programme • Treats alcohol, drugs, gambling and prescription drugs addictions in adults 	<p>WEXFORD</p> <p>The Cornmarket Project Tel.: 053 9144931 Wexford Area Partnership, Mallin St., Wexford.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Free, confidential one-to-one counselling • Structured day programmes • Outreach service • Family Support • Drop-in service

<p>WEXFORD</p> <p>Healthy Choices / Healthy Decisions Tel.: 053 9123262 healthychoiceshealthydecisions@eircom.net FDYS, Youth Work Ireland, Francis Street, Wexford.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Uses a peer education approach to educate young people • To promote and inform healthy decision making 	<p>WEXFORD</p> <p>ISPCC – 4 ME Service Tel.: 053 9123864 40 Abbey Street, Wexford.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Individual counselling to children • Counselling by phone and weblink • Also cover drug awareness issues
<p>WEXFORD</p> <p>Outreach Worker - Wexford Tel.: 053 9123262 fdys@iol.ie FDYS, Youth Work Ireland, Francis Street, Wexford.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • For people involved in high risk drug misuse • Alternative / holistic / therapeutic / creative programmes • Link with existing service • Family support 	<p>WEXFORD</p> <p>Wexford Community Based Drugs Initiative Tel.: 053 9121691 wexfordcbdi@gmail.com C/O Ferns Diocesan Youth Service, Francis Street, Wexford.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Information & support • Parent & family support • Drug education • Peer education
<p>WEXFORD</p> <p>Wexford Community Based Drugs Initiative Tel.: 0879351774 wexfordcbdi@gmail.com Youth Centre PO Box 36, Nunnery Lane, New Ross, Co. Wexford.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Information & support • Parent & family support • Drug education • Peer education 	<p>WEXFORD</p> <p>Wexford Substance Misuse Service Tel: 051 426000 Community Care Offices, Park House, New Ross, Co. Wexford.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Family therapy • Education



<p>WICKLOW</p> 	<p>WICKLOW</p> <p>Arklow Community Addiction Team Tel.: 0402 33577 9a Upper Mount Street, Arklow, Co. Wicklow.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient • Aftercare • Counselling • Advisory Service
<p>WICKLOW</p> <p>Bray Community Addiction Team Tel.: 01 2764692 brayaddictionteam@eircom.net 37 Beechwood Close, Boghall Road, Bray, Co. Wicklow.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Referral 	<p>WICKLOW</p> <p>The Bara Project Tel.: 0402-33577 9a Main Street, Arklow, Co. Wicklow.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Advocacy • One to one support • Family support • Addiction counselling • Holistic therapies • Drug education programs • Onward referral • Prison links work • Information and advice on drugs, drug use, and related health promotion
<p>WICKLOW</p> <p>Forest Tel.: 01 2015863 info@forest.ie www.forest.ie Glendalough, County Wicklow.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Residential Treatment • Counselling • Family Therapy • Yoga 	<p>WICKLOW</p> <p>Killarney Road Clinic Tel.: 01 276 2918 Killarney Road, Bray, Co. Wicklow.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Addiction Services • Counselling referral • Outreach • Needle exchange
<p>WICKLOW</p> <p>Treo Nua Rehabilitation Project Tel.: 0402 31312 / 31313 cwcastld@gmail.com 39 Wexford Road, Arklow, Co. Wicklow.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • A structured day program for individuals who are (a) methadone stable or (b) recently drug free. 	<p>WICKLOW</p> <p>Wicklow Child & Family Project Tel.: 0404 64725 wcandfp@indigo.ie The Mall, Wicklow Town.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Family counselling • One-to-one counselling • Drop-in • Support • Information • Advocacy

Where to get help - Counties



Regional and Local Drug Task Forces - Republic of Ireland

The role of the Drug Task Forces is to co-ordinate the overall development of drug services in their area. They are very useful to contact for up-to-date information on services in these areas.

<p>Ballyfermot Local Drug Task Force Tel.: 01 623 8001 taskforce@ballyfermotadvance.ie Bridge House, Cherry Orchard Hospital, Ballyfermot, D10.</p>	<p>Finglas / Cabra Local Drug Task Force Tel.: 01 830 7440 lorna.hannon@finglascabraldtf.ie Tolka Clinic, 121 Broombridge Close, Ballybogging Road, D11.</p>
<p>Ballymun Local Drug Task Force Tel.: 01 883 2142 admin.bltdtf@axis-ballymun.ie Axis Centre, Main Street, Ballymun, D9.</p>	<p>Midland Regional Drugs Task Force (Laois, Longford, Offaly & Westmeath) Tel.: 057 935 78180 mrdtf@hse.ie HSE, Unit 4, Central Bus. Park, Clonminch, Tullaghmore, Co. Offaly.</p>
<p>Blanchardstown Local Drug Task Force Tel.: 01 860 4845 bldts@hse.ie 22 (a) Main Street, Blanchardstown, D15.</p>	<p>Mid Western Region Drugs Task Force (Clare, Limerick & Tipperary North). Tel.: 061 445 392 info@mwrtdtf.ie www.mwrtdtf.ie Unit 5, Steanboat Quay, Dock Road, Limerick.</p>
<p>Bray Local Drug Task Force Tel.: 01 276 2975 cathadmin@eircom.net Unit 2, First Floor, 24 Florence Road, Bray, Co. Wicklow.</p>	<p>North Eastern Region Drugs Task Force (East Cavan, Louth, Meath & Monaghan) Tel.: 046 924 8630 info@nedrugtaskforce.ie www.nedrugtaskforce.ie 1 Castle Street, Kells, Co. Meath.</p>
<p>Canal Communities Local Drug Task Force Tel.: 01 620 6413 c/o Addiction Services, Bridge House, Cherry Orchard Hospital, Ballyfermot, D10.</p>	<p>North Inner City Local Drugs Task Force Tel.: 01 836 6592 22 Lower Buckingham St., D1.</p>
<p>Clondalkin Local Drug Task Force Tel.: 01 457 9445 cdttf1@indigo.ie www.drugtaskforce.ie Unit 5, Oakfield Industrial Estate, Clondalkin, D22.</p>	<p>North West Alcohol Forum Ltd. Tel.: 074 9125596 info@nwaf.ie www.nwaf.ie Unit B9, Enterprise Fund Business Park, Ballyraine, Letterkenny, Co. Donegal.</p>
<p>Cork Local Drugs Task Force (Cork City) Tel.: 021 4930100 info@corkldtf.ie www.corkldtf.ie Community Services Offices, 1st Floor, Kinvarra Hse, Dublin Hill, Cork.</p>	<p>North Western Region Drugs Task Force (Donegal, Leitrim, Sligo & West Cavan) Tel.: 071 985 2000 drugtaskforce@hse.ie www.nwdrugtaskforce.ie C/o Health Promotion Department, Main Street, Ballyshannon, Co. Donegal.</p>
<p>Dublin 12 Local Drug Task Force Tel.: 01 620 6422 c/o Addiction Services, Bridge House, Cherry Orchard Hospital Ballyfermot, D10.</p>	<p>South Eastern Region Drugs Task Force (Carlow/Kilkenny/Tipperary South/Waterford/Wexford) Tel.: 051 841 144 mel.serdtf@gmail.com chris.serdtf@gmail.com Farronshoneen Youth & Community Centre, Farronshoneen, Upper Grange, Waterford.</p>
<p>North Dublin City and County Region Drugs Task Force (North Dublin City and Fingal) Tel.: 01 813 1786 assistance@ndublinrdtf.ie www.ndublinrdtf.ie 7 Forrest Mews, Forrest Road, Swords, Co. Dublin.</p>	<p>Southern Region Drugs Task Force (Cork and Kerry) Tel.: Tel.: 021 4930100 www.srdtf.ie Community Services Officers, 1st Floor, Kinvarra House, Dublin Hill, Cork.</p>
<p>Dublin North East Local Drugs Task Force Tel.: 01 846 5070 www.dnedtforce@gmail.com www.freetobeme.ie Le Chéile, Clancarthy Road, Donnellycarney, D5.</p>	<p>South Western Region Drugs Task Force (Kildare, West Wicklow South Dublin City & South Dublin) Tel.: 045 848 538 admin@swrdtf.ie www.swrdtf.ie Block A, Maudlins Hall, Dublin Road, Naas, Co. Kildare.</p>
<p>Dun Laoghaire / Rathdown Local Drug Task Force Tel.: 01 280 3335 HSE Addiction Services, First Floor, Centenary House, 35 York Road, Dun Laoghaire, Co. Dublin.</p>	<p>Tallaght Local Drug Task Force Tel.: 01 466 4243 www.tallaghtdtf.ie c/o Dodder Valley Partnership, Killinarden Enterprise Centre, Tallaght, D.24.</p>
<p>East Coast Region Drug Task Force (Dun Laoghaire Rathdown and Wicklow). Tel.: 0404 64978 Morlton Road, Wicklow Town.</p>	<p>Western Region Drugs Task Force (Galway, Mayo & Roscommon) Tel.: 091 865865 info@wrtdtf.ie www.wrtdtf.ie Unit 6, Galway Technology Park, Parkmore, Galway.</p>

Drug and Alcohol Co-ordination Teams - Northern Ireland

The role of the Alcohol & Drug Co-ordination Teams is to co-ordinate the development of strategy and services delivered by drug and alcohol agencies in Northern Ireland. They provide very useful information on the drug and alcohol related issues in their areas.

Eastern Alcohol and Drugs Coordination Team Tel.: 028 9027 9398 info@edact.org www.edact.org Public Health Agency, 18 Ormeau Avenue, Belfast, BT2 8HS	Southern Drugs and Alcohol Coordination Team Tel.: 028 37414557 drugscoteam@btconnect.com Tower Hill, Armagh, BT61 9DR
Northern Drugs and Alcohol Coordination Team Tel.: 028 2531 1000 ndact@nhssb.n-i.nhs.uk www.nhssb.n-i.nhs.uk/partnerships/ndact.php <i>Public Health Agency, The Chalet, County Hall, Galgorm Rd, Ballymena, BT42 1QB</i>	Western Drugs and Alcohol Coordination Team Tel.: 028 8225 3950 Anderson House, 2nd Floor, Market Street, Omagh, BT78 1EE

Health Promotion Offices in Republic of Ireland

Health Promotion Departments are valuable sources of leaflets and other printed information about drugs and alcohol. The staff have expertise in developing drug and alcohol policies and will be able to advise on drug and alcohol education and prevention issues.

HSE Dublin Mid Leinster Tel.: 057 9357800 Health Promotion Department, Block 4, Central Business Park, Clonminch, Portlaoise Road, Tullamore, Co. Offaly.	HSE Southern Area Tel.: 056 7761400 Health Promotion Department, Dean Street, Kilkenny.
HSE Dublin North Eastern Area Tel.: 041 6860715 Health Promotion Department, St. Brigid's Hospital, Ardee, Co. Louth	HSE Southern Area Tel: 021 4921641 Health Promotion Department, Eye, Ear and Throat Hospital, Western Road, Cork.
HSE Dublin Mid Leinster Tel.: 01 2744295 Health Promotion Department, Block B Civic Centre, Main Street, Bray, Co. Wicklow.	HSE Mid Western Area Tel: 061 483215 www.healthpromotion.ie Health Promotion Department, Parkview House, Pery Street, Limerick.
HSE Dublin Mid Leinster Tel.: 01 4632800 www.healthpromotion.ie Health Promotion Department, 3rd Floor, 52 Broomhill Road, Tallaght, Dublin 24.	HSE Western Area Tel.: 071 9852000 Health Promotion Department, Top Floor, Saimer Court, Main Street, Ballyshannon, Co. Donegal.
HSE Dublin North Eastern Area Tel.: 01 8823415 www.healthpromotion.ie Health Promotion Department, 3rd Floor, Park House, North Circular Road, Dublin 7.	HSE Western Area Tel: 091 548320 www.healthpromotion.ie Health Promotion Department, 1st Floor West City Centre, Seamus Quirke Road, Galway.

Health Promotion Offices in Northern Ireland

Health Promotion Departments are valuable sources of leaflets and other printed information about drugs and alcohol. The staff have expertise in developing drug and alcohol policies and will be able to advise on drug and alcohol education and prevention issues.

Belfast Health and Social Care Trust Tel.: 028 90563765. Communication, Resource & Information Service (CRIS), Dorothy Gardiner Unit, Knockbracken HealthCARE Park, Saintfield Road, Belfast, BT2 8BS	Northern Health and Social Care Trust Tel.: 028 2563 5575 health.promotion2@northern.trust.hscni.net Health Promotion Service, Homefirst Community Trust, Spruce House, Cushendall Road, Ballymena, BT43 6HL.
Eastern Health and Social Services Board area Tel.: 028 9032 1313. Eastern Area Health Promotion, Communication, Resource and Information Service (CRIS), Champion House, 12-22 Linenhall St., Belfast, BT2 8BS.	Southern Health and Social Care Trust Tel: 028 3741 2424 Southern Area Health Promotion Department, Promoting Wellbeing Team, Ward 1, St. Luke's Hospital, Loughgall Road, Armagh, BT61 7NQ.
Western Health and Social Care Trust Tel.: 028 7186 5127 Health Promotion Department, Maple Villa, Gransha Park, Derry, BT47 6WJ .	

APPENDIX

PHOTOCOPIABLE REPORT FORM FOR RECORDING ALCOHOL AND DRUG RELATED INCIDENTS

SUPPORTED BY



Club name _____

Date and time of incident: _____

What happened? What was seen? What was said? Who was involved? FACTS ONLY

Who has been informed?

What action has been taken?

Signed:

_____ Date _____

Club Secretary

_____ Date _____

Club Chairman

_____ Date _____

ASAP Officer

SAMPLE POLICY

SAMPLE CLUB DRUG AND ALCOHOL POLICY PAGE 1

Cumann Lúthchleas Gael are committed as part of their overall philosophy to *'discourage the misuse of drugs, alcohol and tobacco on the basis that they are incompatible with a healthy approach to sporting activity'*

..... Club believe that we need to create a safe and healthy club environment where members can develop the knowledge, skills and attitudes necessary to cope with drug and alcohol related issues.

All club members, officials, coaches and volunteers as part of this club shall follow the law when it comes to illegal drugs, alcohol and tobacco and shall display leadership and good example, particularly when dealing with underage members.

Definition of Drugs:

A drug is a substance taken by people to change how they think, feel or behave. For the purpose of this policy the term "drug" shall include all mood altering substances, both legal and illegal including substances such as:

- Alcohol
- Tobacco
- Prescribed drugs such as antibiotics, inhalers, painkillers etc.
- Performance enhancing drugs as outlined by the World Anti-Doping Agency.
- Volatile substances such as aerosols, glues, petrol, cigarette lighter fuels etc.
- Products and substances sold online and in "headshops" that cause intoxication.
- "Over the counter" medicines such as paracetamol, anti-histamines, cough medicines etc.
- Controlled drugs such as cannabis, ecstasy, amphetamines, magic mushrooms, cocaine, etc..

Aims and Objectives:

The aim of this policy is to ensure that all club members are kept safe from drug-related harm when involved in club activities.

Our objectives are...

- To develop a consistent approach to drug-related issues.
- To develop ways to address drug-related issues in the club.
- To establish clear procedures for managing drug-related incidents.

List of Actions: (these are recommended and others can be inserted as required)

The Chairperson and Executive of the club shall adopt and discharge actions from following list as appropriate to the resources of the Club.

..... Club shall take the following actions...

- Medal ceremonies shall not be held in pubs.
- Cigarettes shall not be sold in the clubhouse.
- Alcohol advertisements shall be phased out on club jerseys.
- The cup shall not be filled with alcohol during celebrations.
- Coaches and Club Officials shall not smoke or drink alcohol while representing their club at matches or training sessions.
- Club members, officials, coaches and volunteers shall not present themselves at club activities while under the influence of any drug.
- Under 18's shall not be brought to pubs on the way to or from matches, outings or training sessions.
- Alcohol shall not be served at functions for players aged under 18 years of age.
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SAMPLE POLICY

SAMPLE CLUB DRUG AND ALCOHOL POLICY PAGE 2

All persons associated with our club can help prevent drug-related harm from occurring during club activities.

The following roles are recommended (insert other recommendations as required).

Club Members

- Will be aware of the details of and adhere to Club Drug & Alcohol Policy.

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Parents and Guardians

- Support the club in the development and implementation of this policy, including procedures for handling incidents of suspected drug misuse.

•

Coaches

- Will be aware of the possibility of drug misuse among players and work with the A.S.A.P. Club Officer, Club Chairman and Executives with the aim of preventing harm.

•

A.S.A.P. Club Officer

- The A.S.A.P. Club Officer is responsible for overseeing the development, implementation and evaluation of this policy in conjunction with the Club Chairperson and Executive.
- The A.S.A.P. Club Officer shall have good knowledge of the local drug, alcohol and health promotion services in order to assist the club in organising prevention, education and response activities as such needs arise.
- The Club A.S.A.P. Officer is Phone no.

•

Club Chairperson (or Nominee)

All relevant information, paraphernalia or suspected substances found or received, shall be forwarded to the Club Chairperson who shall consult with the necessary parties before taking relevant action based upon this policy. In the event of the Chairperson not being available to discharge these duties, the responsibility will then automatically fall to the Vice Chairperson or Secretary or other nominated person.

Education programme about drugs and alcohol

..... Club shall arrange for a drug education programme for members, players, parents etc as appropriate. This drug education programme may include the promotion of club policy, provision of literature, workshops or information sessions provided by personnel from local drug, alcohol or health promotion services.

- The Club A.S.A.P. Officer, in conjunction with the Club Chairperson, shall make arrangements with local drug, alcohol or health promotion services to provide drug education **annually** for **adults** associated with the club.
- The Club A.S.A.P. Officer, in conjunction with the Club Chairperson, shall make arrangements with local drug, alcohol or health promotion services to provide **age appropriate** drug education **annually** for **young people** associated with the club.

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Protocol for dealing with drug misuse

..... Club shall endeavour to respond to all drug-related incidents in a firm but fair manner, with due respect for the safety and welfare of individuals involved, other members of the club and the wider community and shall also fulfil any legal obligations that might apply.

Outline of Restrictions

The misuse or supply of drugs is viewed as unacceptable by Club and members or officials are prohibited from presenting themselves for club duties while under the influence of a drug. Breaches of these restrictions are punishable by warnings, suspensions and expulsions as deemed appropriate.

SAMPLE POLICY

SAMPLE CLUB DRUG AND ALCOHOL POLICY PAGE 3

Reporting of Incidents

Alleged or confirmed incidents in breach of this policy shall be referred to the Club Chairperson.

Recording of Information

Information regarding alleged or confirmed incidents in breach of this policy shall be recorded in writing. The recording of factual information is preferable and all opinions shall be stated as such. Responses to cases shall also be recorded in this way. Only in confirmed cases shall names of individuals be recorded.

Confidentiality

While it is not possible to guarantee, every effort shall be made to respect confidentiality.

Involving Parents/Guardians

Incidents involving any person under 18 years of age will require their parents/guardians to be informed. Parents/guardians shall be invited to discuss what has happened and shall be informed of any course of action to be taken by the club. The Club Chairperson shall nominate a person to inform parents/guardians in each case.

Garda/PSNI Involvement

Incidents that involve the illegal supply of drugs shall require Garda Síochána/PSNI involvement. In all other drug-related incidents, each case shall be considered on an individual basis and the decision shall rest with the Club Chairperson as to whether or not the Garda Síochána/PSNI are involved.

Search

The Club Chairperson retains the right to direct a search of any part of club property if there is reasonable cause to believe a substance in breach of this policy is contained therein. Two officials of the club shall conduct the search. Club Officials are not allowed to search an individual or their personal property. Where there is reasonable cause to believe a person has in their possession a substance in breach of this policy, they shall be asked to volunteer the substance. If they refuse, the Garda Síochána/PSNI may be called upon to conduct a search.

Disposing of suspected illegal substances

If a suspected illegal substance is found on club property it shall be brought to the attention of the Club Chairperson. The substance shall be stored securely and the Club Chairperson shall then decide whether the Garda Síochána/PSNI should be called to collect it, or whether it should be disposed of. Any disposal of suspected illegal substances shall be recorded and witnessed by two officials. At no time shall a suspected illegal substance be removed from club property without the knowledge of the Garda Síochána/PSNI.

Availability, use and storage of solvents and gases

Many solvent based products have the potential to be abused (e.g. deodorants, paints, thinners, cleaning fluids etc). All solvent based materials and gases shall be stored securely and safely away from public access.

Monitoring and Evaluation

This policy is in force at all times and during all activities conducted under the aegis of Cumann Lúthchleas Gael. This policy shall be evaluated annually and after every drug-related incident. This policy shall come into effect on/...../..... and shall be reviewed annually thereafter by the Club A.S.A.P. Officer in conjunction with the Club Chairperson and Executive.

All policies must be approved by the County Committee and the County Officer, with copies of the policies going to the A.S.A.P. National Office and the A.S.A.P. County Officer.

Signed (Club Chairperson) Signed (A.S.A.P. Club Officer)

Date/...../.....

Date/...../.....

This manual is designed to be a resource for people at all levels of the Association who want to know how to respond to alcohol and drug related problems that may occur at club or county level throughout the island of Ireland.

www.gaa.ie/asap

SUPPORTED BY

