

Information about Drug and Alcohol Treatment in Sheffield

This short guide is for managers to make available to members of their staff who they think may find this information useful.

There are no waiting times for treatment in Sheffield

If you would like a confidential discussion about yours, or someone else's, level of drinking or drug use, please contact:

Drugs (heroin/prescribed drugs): 0114 305 0500 or 0845 245 0370
Drugs (all others): 0114 272 1481
Alcohol: 0114 305 0550 or 0845 345 1549

Drugs

For people using cannabis, khat, steroids, amphetamines, crack cocaine, powder cocaine, new psychoactive substances ("legal highs"), crystal meth, LSD, mushrooms [The Non Opiates Service](#) is the open access drug service for anyone over 18 years old who is, living in Sheffield. We are free and confidential. 44 Sidney Street, Sheffield, S1 4RE.

Tel: 0114 272 1481

The Opiates Service is the open access service for people over 18 using heroin, over the counter or prescribed drugs

Fitzwilliam Centre, 143-145 Fitzwilliam Street, Sheffield, S1 4JP.

Tel: 0114 305 0500 or 0845 245 0370

Alcohol - Single Entry and Assessment Point (SEAP)

When people have problems with their use of alcohol, a range of different treatments is available. A [Single Entry and Assessment Point](#) (SEAP) has been set up to make sure each person gets an appointment at the place that is best for them. Tel: 0845 345 1549 or 0114 305 0550

What type of DRUG treatment is available in Sheffield?

1. Prescribing

This treatment, through the Opiate Service (either through the Fitzwilliam Centre or community satellite locations), involves the prescribing of substitute drugs or community detoxification. The treatment aims to help people reduce or stop illicit drug use. Treatment goals can include stabilisation on substitute medication, maintenance on substitution medication, gradual reduction of substitute medication, or community detoxification. Sometimes 'blockers' are prescribed after someone has come off drugs to prevent relapse.

2. Talking treatments

This consists of a series of one-to-one or group sessions over a twelve-week period. Sessions range from 1 hour per week to attending several days a week depending on need.

3. In-Patient Detoxification through the NHS

For those people for whom it would be unsafe to have a community detoxification ('home detox') there is a Sheffield hospital unit which provides detoxification from drugs or alcohol usually over a two-week period.



4. Residential Rehabilitation

Residential rehabilitation is provided in a range of units throughout the country. Programmes last from three months to a year and they are provided only for people who want to achieve abstinence from drugs or alcohol. Different rehabilitation units provide a wide variety of different types of programmes including therapy, group work and diversionary activities.

What type of ALCOHOL treatment is available in Sheffield?

1. Prescribing

Provided in a community setting, this includes nutritional prescribing, community detoxification or prescribing to prevent relapse e.g. antabuse. The treatment aims to help people safely reduce or stop alcohol use.

2. Talking treatments

This consists of a series of one-to-one sessions over a six-week period usually lasting 1 hour per week.

3. In-Patient Detoxification through the NHS

For those people for whom it would be unsafe to have a community detoxification ('home detox') there is a Sheffield hospital unit which provides detoxification from drugs or alcohol usually over a two-week period.

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Self Help

Libraries - You can get books from the library on dealing with issues with alcohol or drugs. These are also available in the Reference Library so you don't have to take it out on a library card. Simply enter "alcoholics anonymous" or "narcotics anonymous" or example as a search term in the [online library catalogue](#).

There are a list of [self-help groups](#) on the DACT website:

SMART Recovery

[SMART Recovery](#) run self-help groups which are secular and science based; using motivational, behavioural and cognitive methods.

Alcoholics Anonymous (AA). If you need help with a drinking problem either phone the national help line on 0845 769 7555 or contact AA by E-mail: help@alcoholics-anonymous.org.uk

These services are staffed by volunteer members of AA who will be happy to answer your questions or put you in touch with those who can. AA hold regular meetings across the city.

Narcotics Anonymous (NA) is a group for people who want to stop using drugs. There are no fees. The national helpline will refer callers to their nearest NA meeting.

Telephone 0300 9991212 Web: www.ukna.org

Children and Young People

If you are concerned about someone under the age of 18, who is using alcohol or drugs:

[The Corner](#). Sheffield's young people's drug and alcohol service, offers full assessment and treatment for substance misuse problems. Also delivers training sessions to others working with young people in Sheffield.

Tel: 0114 2752051 E-mail: thecorner.sheffield@cri.org.uk



Carers

If you are affected by someone else's drug or alcohol problems, then there is help available:

Carer Ambassadors – Based at the Non Opiates Service at Sidney Street, these ambassadors have many years of experience of dealing with the substance misuse of their loved ones

Contact the Non Opiates Service (0114 272 1481)

Al-anon - Al-Anon Family Groups hold regular meetings where members share their own experience of living with alcoholism. Tel: 020 7403 0888

Al-ateen - is for teenage relatives and friends of alcoholics. Al-ateen is part of Al-Anon. The meetings are attended by 12-17 year olds. They meet to share their experiences of having, or having had, a problem drinker in their lives. They help and support each other.

Telephone the General Service Office on 020 7407 0215.

Young carers - Sheffield Young Carers Project is an independent charity who are dedicated to supporting young carers across the city.

Tel: 0114 258 4595 Email: information@sheffieldyoungcarers.org.uk

“What About Me” (WAM) - If your child is affected by someone in the family using drugs or alcohol, there is a project called ‘What About Me’ who run programmes to help. You can get more information by phoning Imogen Powell on 0114 272 1481