Drug and Alcohol Support
for Local Residents Across Bournemouth Christchurch and Poole

Your Local Drug and Alcohol Services Provide:
- Advice and Information 1-1 Appointments
- Group Work / Workshops
- Support for Family / Friends and Concerned Others
- Substitute prescriptions
- Detoxification
- Relapse prevention support
- Needle Exchange
- Take home Naloxone
- Testing for Blood Borne Viruses and vaccinations

Feedback from people who have used local drug / alcohol services

“"The service has given me back a life and hope for the future. Take everything that's offered to you – I did and its working for me.""

“"Brilliant service. If you want to change you have to be ready to change, the service is giving me the tools to rebuild my life.""

Livewell Dorset
Livewell Dorset supports adults on a journey to a happier and healthier life with guidance on quitting smoking, losing weight, drinking less alcohol and moving more.
Livewell Dorset offers friendly, supportive guidance and advice using evidence based behavioural science, developed by University College London to support people to sustain changes in their behaviour.

livewelldorset.co.uk
T. 0800 840 1628 / 01305 233105

Call 999 if it is a Life threatening emergency
Non life threatening emergencies: call 111 or contact your GP

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This leaflet provides information on how to contact your nearest service for help.

Specialist staff can support you to turn things around and change the way you live.
Bournemouth, Christchurch and Poole Residents

If you are 18 or over and live within Bournemouth, Christchurch or Poole you can get support for drug / alcohol problems from any one of the three ‘single point of contact’ services below.

Your support will be delivered in the same area from where you are assessed. (For example, if you live in Bournemouth and have an assessment at the single point of contact service in Poole, your treatment will be in Poole.)

**Bournemouth**
Bournemouth Engagement and Assessment Team
Central Office
6 Trinity House
161 Old Christchurch Road
BH1 1JU
T. 01202 558855

[addaction.org.uk](http://addaction.org.uk) (Webchat available)

**Drop In**
- Mon – Tues  10am – 12pm  2pm – 4pm
- Wed        2pm – 4pm
- Thurs – Fri 10am – 12pm  2pm – 4pm

**Drop in at other locations**
- Embassy Community Club, Brassey Road, BH9 1.30pm – 4pm
- West Howe Library, Cunningham Crescent, BH11 1.30pm – 4pm
- Littledown Youth and Community Club, BH7 1.30pm – 4pm

**Needle Exchange runs**
- Mon – Fri  1pm – 4.30pm

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**Christchurch**
Drug and Alcohol Services
REACH
45 Bargates
Christchurch
BH23 1QD
T. 01202 482908

[reached.org.uk](http://reached.org.uk) (Webchat available)

**Drop In**
- Mon – Fri  10am – 12.30am
- 12pm – 1pm

**Needle Exchange runs**
- Mon – Fri  9am – 5pm

**Advice and Info**
- Mon – Fri  9am – 5pm

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**Poole**
Essential Drug and Alcohol Service
Substance Misuse Assessment and Referral Team
54a Ashley Road
Parkstone
BH14 9BN
T. 01202 735777

[edasuk.org](http://edasuk.org) (Webchat available)

**Drop in**
- Mon – Fri  10am – 12pm
- Tues  4pm – 6.30pm

**Needle Exchange runs**
- Mon  10am – 3pm
- Tues  4pm – 6.30pm
- Wed  1pm – 3pm
- Thurs – Fri  10am – 3pm

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**Dorset Residents**

If you are over 18 and live within Dorset you can get support from...

**REACH**
This service is delivered by various satellite provisions, please call for enquiries on 0800 043 4656 or check the website for opening times and community locations available [edp.org.uk/reach](http://edp.org.uk/reach)

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**Under 18 years old?**

If you are under 18 and live within Dorset you can get support from...

**Bournemouth**
Addaction Young People and Family Service
T. 01202 830173
[addaction.org.uk](http://addaction.org.uk)

**Poole**
EDAS Young People Service
T. 01202 741414
[edasuk.org](http://edasuk.org)

**Dorset**
REACH Young People Service
T. 0800 043 4656
01202 741414
[edasuk.org](http://edasuk.org)