



Drug and Alcohol Support

for Local Residents Across Bournemouth Christchurch and Poole

- Looking for some help to address your drug or alcohol problems?
- Concerned about a friend or relative?
- Free services for local residents of all ages.

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.

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. ”

Call **999** if it is a Life threatening emergency



Non life threatening emergencies: call **111** or **contact your GP**

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
livewelldorset.co.uk

T. 0800 840 1628 / 01305 233105



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

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
Mon 1.30pm – 4pm

West Howe Library, Cunningham Crescent, BH11
Wed 1.30pm – 4pm

Littledown Youth and Community Club, BH7
Thurs 1.30pm – 4pm

Needle Exchange runs

Mon – Fri 1pm – 4.30pm

Christchurch

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



edp.org.uk/reach

Drop In

Mon – Fri 10am – 10.30am
12pm – 1pm

Needle Exchange runs

Mon – Fri 9am – 5pm

Advice and Info

Mon – Fri 9am – 5pm

Poole

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



EDAS
Better Together
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

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

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

Poole

EDAS Young People Service
T. 01202 741414
edasuk.org

Dorset

REACH Young People Service
T. 0800 043 4656
01202 741414
edasuk.org