

Alcohol and drug services for young people

If you think your child may be using drugs and/or alcohol, and this is causing significant problems, the five Health and Social Services' Trusts have services for young people.

Each of the Northern Ireland Drug and Alcohol Co-ordination Teams (DACTs) in the five Health Trust areas has produced a directory of services available. You can find these at www.publichealth.hscni.net

You can also consult your GP to find out where your nearest support agency is.

If you need more urgent support and advice, contact:

- your GP or the out of hours GP service;
- the emergency department of your local hospital; or
- Lifeline: **0808 808 8000**

ASIST (Applied Suicide Intervention Training) deals with the issue of suicide in communities. Contact your local Health Development Department for further information.

Support for you: in the Belfast or South Eastern Trust areas, Alcohol and You and the Belfast Alcohol Service provide one-to-one help for adult family members affected by someone else's alcohol misuse or addiction. Contact ASCERT at 028 92 604422

The person misusing alcohol does not need to be seeking help for a family member to use this service.

Support for young people affected by parental alcohol misuse: Steps to Cope offers support for young people aged 11–18 years in Northern Ireland, who are living with parental alcohol misuse.

Young people can receive support from:

- face-to-face contact with a Steps to Cope worker;
- the dedicated interactive website; or
- a range of trained practitioners across Northern Ireland.

Telephone: 0800 254 5123

Website: www.stepstocope.co.uk

The Alcohol and You Partnership has useful information for parents and family members as well as a self-help section to help people address their drinking.

Website: www.alcoholandyouni.com