

## Where will the service be delivered?

Each of our services have offices across the Trust Areas and will also ensure they can find a location for your appointments that suits you. You can also request your appointments to be held online if that is your preferred option.

### Getting Started is Simple

- Self-refer - Complete our simple online forms or call us directly
- Ask someone to help. They can complete the referral form or call us with your permission

For information, advice and to find out more about services near you visit [www.DrugsandAlcoholNI.Info](http://www.DrugsandAlcoholNI.Info)



"Addressing drugs and alcohol together"



## Who delivers the service

The service is delivered by 3 organisations across each of the 5 HSC Trust Areas.

### If you live in the Belfast Trust Area contact Inspire Addiction Services

Tel: 0800 987 4117

Email: [addictionservices@inspirewellbeing.org](mailto:addictionservices@inspirewellbeing.org)

Website: [www.inspirewellbeing.org](http://www.inspirewellbeing.org)

### If you live in the Northern Trust Area contact Links Counselling Service

Tel: 028 3834 2825

Email: [office@linkscounselling.com](mailto:office@linkscounselling.com)

Website: [www.linkscounselling.com/stepstochange](http://www.linkscounselling.com/stepstochange)

#### Online Referral Form:

[www.linkscounselling.com/get-counselling](http://www.linkscounselling.com/get-counselling)

### If you live in the Southern Trust Area contact Links Counselling Service

Tel: 028 3834 2825

Email: [office@linkscounselling.com](mailto:office@linkscounselling.com)

Website: [www.linkscounselling.com/stepstochange](http://www.linkscounselling.com/stepstochange)

#### Online Referral Form:

[www.linkscounselling.com/get-counselling](http://www.linkscounselling.com/get-counselling)

### If you live in the South Eastern Trust Area contact Inspire Addiction Services

Tel: 0800 987 4117

Email: [addictionservices@inspirewellbeing.org](mailto:addictionservices@inspirewellbeing.org)

Website: [www.inspirewellbeing.org](http://www.inspirewellbeing.org)

### If you live in the Western Trust Area contact ASCERT

Tel: 0800 2545 123

Email: [steps2change@ascert.biz](mailto:steps2change@ascert.biz)

Website: [www.ascert.biz/project/steps-to-change/](http://www.ascert.biz/project/steps-to-change/)



Project supported by the PHA



## Steps to Change

Supporting adults and families across Northern Ireland who are affected by the use of drugs or alcohol



## Are you concerned about your substance use or a loved one's substance use?

We understand that reaching out to access counselling support for the first time or having previous involvement can be overwhelming.

This free, confidential and professionally qualified service will support you to feel comfortable and safe as we work with you to understand your needs and offer you the right support.

*We will work with you at your own pace, in your own way.*

## What to expect with this service?

The service can offer:

- One to One brief advice or therapeutic support to adults aged 18+ years
- Family Support including advice, information and structured support to families impacted by a loved one's substance use, even if loved ones are not engaged in support



## How We Work Together

Your choice - Whether that's cutting down, stopping, or finding balance

You lead - We follow your goals and timeline

Flexible support - Face to face, phone, or online sessions

Up to 10 sessions of one to one support – Designed around what works for you

Families can receive up to 5 sessions of family support

Completely confidential - Your privacy matters

## How to access the service

This service has an open access. We accept referrals from;

- Adults seeking help can self-refer
- Family members or friends
- Professional referrals welcome