

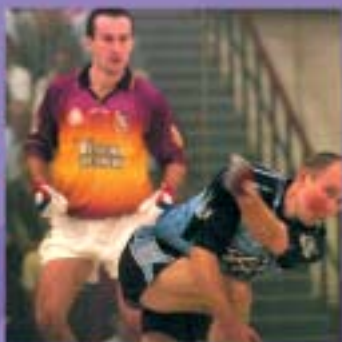
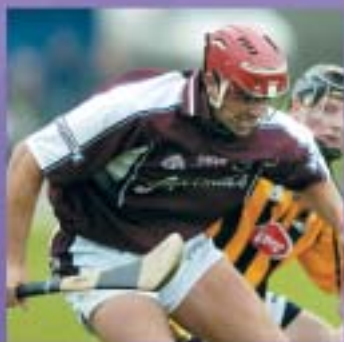


Fidhneamhacht na Seirbhíse Sláinte
Health Service Executive



GAA CLUB MANUAL FOR DEALING WITH DRUG AND ALCOHOL RELATED ISSUES

SORT IT OUT...
ASAP
Alcohol & Substance Abuse Prevention



GAA CLUB MANUAL
FOR DEALING WITH DRUG AND
ALCOHOL RELATED ISSUES



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www.drugsalcohol.info Health Promotion Agency for Northern Ireland

www.drugs.gov.uk Home Office for England and Wales

Straight Talk: A Guide for Parents on Teenage Drinking.

North West Alcohol Forum, Health Promotion Unit 2006

Facts About Drug Misuse in Ireland. Dr Desmond Corrigan,
Health Promotion Unit 2003

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INDEX

This manual is divided into five sections:

1. How to develop a Club Drug and Alcohol Policy. P7

2. How to talk to someone about their drug or alcohol use. P15

3. Where to get help. P21

4. Alcohol. P39

5. Drugs and their effects. P45



Teachtaireacht an Uachtaráin

Is chúis mór áthais dom cúpla focal a scríobh ar fhoilsiú an leabhar tábhachtach seo.

The Role of the GAA in Irish Society has changed in many ways since the founding of the Association in 1884. At the time, the main aim of the Association was to preserve important elements of Irish Culture from the threat of extinction. From its formative years, and away from the onfield success of its two main sports, the Association has developed into a key social and cultural institution and has developed a responsibility to provide leadership within the community it serves.

This booklet, and the roll out of the Alcohol & Substance Abuse Prevention (ASAP) Programme, are part of the GAA's attempts to tackle what has unfortunately become an ever more obvious problem in Irish society.

An enormous amount of research and hard work has been invested in this particular publication which will outline for GAA officials and members at all levels, advice and procedures for dealing with drug and alcohol related issues.

There are a number of people I want to thank who have helped us to reach this stage in our endeavour to set a positive example within society. Joe Connolly and the members of the Alcohol and Drug Abuse Task Force set the ball rolling a couple of years ago and through their insightful and thought provoking contribution helped to initiate a vital debate within the Association, while the Department of Health and Children have always been available to offer their advice and guidance and for this we are most grateful.

Finally, I want to thank Brendan Murphy, the co-ordinator of the ASAP Programme, whose sterling work is reflected in the pages that follow. Go raibh maith agat a Bhreandáin as ucht do chomh-oibre.

I hope that our efforts in this regard will have a positive effect on all and help build a better Ireland for the future.

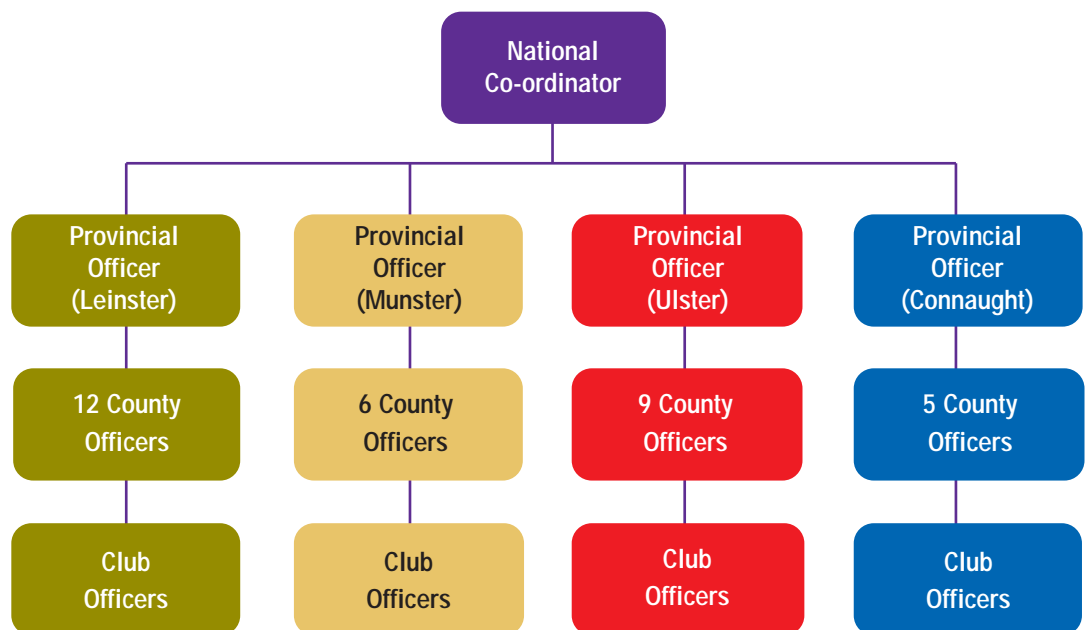
Ráth Dé oraibh go léir,

Nioclás Ó Braonáin
UACHTARÁN

INTRODUCTION

The aim of the ASAP Programme is to reduce the harm that is being caused by alcohol and drugs throughout the Association. This manual is a step towards that aim as it is designed to be a resource for people at all levels of the Association who want to know how to respond to alcohol and drug related problems that may occur at clubs throughout Ireland.

It has been developed as part of the Alcohol & Substance Abuse Prevention (ASAP) Programme. The ASAP Programme is a joint venture by the GAA, the Health Service Executive and the Department of Health & Children. The Programme was initiated in November 2005 and will be delivered by personnel throughout the Association through the following structure that is currently being developed.



The ASAP Programme fits into the re-developed GAA Code of Best Practice for Youth Sport and by doing so it helps us look at how we behave as adults and at how we interact with young people. This manual will help all clubs to develop a Club Drug and Alcohol Policy. This will enable every club to outline what can be done at local level, with the help of local professional services, to prevent and respond to alcohol and other drug problems.

Today, we see ample evidence of the harmful use of alcohol and other drugs in our society. This covers all social groups and ages. The GAA has an opportunity to mount a positive counter challenge to this. We can do so by emphasising and maximising the alternatives, by providing attractive and engaging structures for people of all ages.

We can equip our members with the skills, confidence and knowledge to make positive and healthy lifestyle decisions.

Together we can make the GAA an alternative by making our clubs places that are safe from the harms of drugs and alcohol where people find a sense of value and belonging that society often does not offer. This is a positive challenge and will succeed if we take this opportunity to review and perhaps revise what we currently do.

SECTION ONE

HOW TO DEVELOP A CLUB DRUG AND ALCOHOL POLICY

<i>Topic</i>	<i>Page No.</i>
Introduction	8
Three useful points to consider	8-9
What is a Club Drug and Alcohol Policy - The Seven Steps to Developing a Club Drug and Alcohol Policy	10-11

Introduction

In order to respond effectively to drug and alcohol related problems **every club** must develop a Club Drug and Alcohol Policy that is appropriate to the local area. This may be best achieved by clustering clubs together in an area under the guidance of the ASAP Programme County Officer.

It is vital that every club go through the process of forming their own policy.

Developing a drug policy is not just about writing down a few guidelines and filing it away somewhere. It is a process that informs and educates the people involved in creating the policy. This in turn leads to a fuller understanding of all the issues that need to be considered when responding to a drug or alcohol related incident. By following the guidelines below members from every level of the club will have the opportunity to have an input into the development of the policy.

Three useful points to consider

When forming a Club Drug and Alcohol Policy it is useful to consider the three following areas relating to drugs and alcohol.

1. Prevention of drug and alcohol abuse.

The vast majority of people involved in the GAA do not have drug and alcohol problems and every club must act to ensure that this remain the case.

It is important that all parents, officials, staff and mentors follow the law when it comes to illegal drugs, alcohol and tobacco and display leadership and good example particularly when dealing with underage members.

There are definite actions that can be taken to strengthen this position and prevent the growth of drug and alcohol problems in the GAA. By deliberately changing some of our current behaviours as adults we are helping to reduce the use of drugs and alcohol among our young people.

These include:

- Not filling the cup with alcohol during celebrations.
- Not smoking or drinking alcohol during matches or training session or club outings.
- Not selling cigarettes or alcohol in the clubhouse.
- Not having medal ceremonies and celebrations for any teams in pubs.
- Not bringing young people to pubs on the way home from matches, outings or training sessions.
- Phasing out alcohol advertisements on club jerseys and grounds.

2. Education about drugs and alcohol.

Education programmes that increase our knowledge and skills are essential to help us work effectively deal with drug and alcohol issues. Education about drugs and alcohol is most effective if provided in the broader context of child protection and club development.

- Education works best in small bite-sized pieces and if it's done over a period of time rather than in one big event.
- The use of an outside visitor/speaker to enhance is helpful. The content of what they are going to say and do should not be aimed at scaring children.
- Visitors are not to be allowed to educate children in the absence of parents/coaches.

3. Responding to drug and alcohol incidents in the club.

Because of the extent of drug and alcohol use it can be expected that some or possibly all of the following drug/alcohol related incidents will occur over the lifetime of every club in the country.

- Persons being drunk/stoned on club property
- Disclosure about problematic drug/alcohol use
- Finding alcohol/drugs or associated paraphernalia
- Illegal possession or supply of alcohol or drugs

Because of the secretive nature of drug use and underage alcohol use, club officials may often find themselves dealing with allegations that are based on hearsay and rumour. Were such allegations to become widely known it could have a ruinous effect on the lives of many people. Allegations of this nature should always be treated sensitively and seriously. Club officials must have full regard for due process and allowing other possible explanatory circumstances to be fully investigated.

Every club must form links with professional drug and alcohol services in their county to assist them in the management of alcohol and drug related incidents. A full list of these services and how to access them will be available from the ASAP Programme County Officer and the ASAP Programme National Coordinator. Many of the contact details of these agencies are in Where to Get Help section of this manual. It may not be wise to have a mandatory response to all drug or alcohol incidents.

There are many factors that need to be taken into account when club management are faced with making a decision on what action to take on confirmation of a club member being involved in a drug/alcohol related incident. These include;

(i) The type of drug/alcohol incident

- Was it for personal use or supply to friends or dealing on a wider scale?
- What are the risks to the individual(s), the club and the wider community if another incident like this were to happen again?

(ii) The history of the person(s) involved

- Was this a first offence or part of a pattern?
- Has he/she expressed willingness to change or if necessary, get help?
- What effects will actions taken by the club have on the person's wider life?

(iii) Possible responses

The club management can choose to act in any of the following ways in response to a drug/alcohol related incident. It is crucial that the rationale and reasons for any decisions/actions taken are clearly recorded.

- Take no action (i.e. unsubstantiated rumours)
- Inform parents/guardians (Almost always advisable if dealing with an U18 unless by doing so would be likely to put the child at more serious risk of harm)
- Inform Gardaí/PSNI (Necessary if a serious criminal act has taken place)
- Verbal or written warning to person(s) involved
- Temporary suspension
- Permanent expulsion

The ASAP Programme Club Officer will be a valuable asset for club management in dealing with these issues and he/she can draw on the support of the ASAP Programme County Officer and the other resources of the ASAP Programme.

What is a Club Drug and Alcohol Policy?

A Club Drug and Alcohol Policy sets out in writing the framework the club will use to manage drug and alcohol related issues. The policy applies to the entire club including coaches, parents/guardians, players and all users of the club buildings and grounds. The process of developing a Club Drug and Alcohol Policy is best undertaken in a step-by-step approach as outlined in the seven steps to follow. They are easily followed and most people find the process both interesting and informative. By following these steps every club will educate their members and gain a greater understanding of the issues involved

STEP 1: Establish a committee to develop the Club Drug and Alcohol Policy.

The core committee for developing the Policy should involve the participation of management, coaches, parents/guardians and young people.

- Young people must be members of the Core Committee
- Club Management must be members of the Core Committee
- Keep the committee to a maximum of eight people

STEP 2: Study relevant resource documents and legislation.

In recent years, many resource materials about alcohol and drugs have been developed. The information contained in this manual will also be of use.

- Read The Facts About Drug Use in Ireland. It can be downloaded for free at www.healthinfo.ie.
- Read the Report of the GAA Task Force on Alcohol and Substance Abuse. It can be downloaded on www.gaa.ie/page/official_reports.
- Contact the local Health Promotion Department for helpful publications about alcohol and drugs (see page 74).
- Contact local Gardai/PSNI, to get more details on the alcohol and drug laws.

STEP 3: Review the situation in the club regarding drug and alcohol issues

Different clubs may have different needs and issues about drugs and alcohol depending on the type of problems they have encountered in the past and the part of the country they are situated in.

- Spend time discussing the drug/alcohol issues that happened before in the club.
- Talk about the types of drug/alcohol issues that are likely to occur in the future.
- Centre the policy around these issues to make it relevant to the membership.

STEP 4: Prepare a draft Club Drug and Alcohol Policy.

A Club Drug and Alcohol Policy is usually only a couple of pages in length and does not need to be particularly complex. Below is a list of items that it must contain.

Name of the policy

- Title it 'Club Drug and Alcohol Policy for _____ Club'.
- Sign and date it to signify when and by whom it was drafted.

Scope of the Drug and Alcohol Policy

- Emphasise that the policy is in force at all times at GAA facilities and during all activities conducted under the aegis of Cumann Lúthchleas Gael.

Definition of the word "drug"

- A "drug" will be defined as all mood altering substances, both legal and illegal, and includes substances such as alcohol, tobacco, solvents, prescribed medication and over-the-counter products.

Rationale for having a Club Drug and Alcohol Policy

- All clubs are bound by the commitment of Cumann Lúthchleas Gael and the Irish Sports Council to the philosophy of "Discouraging the use of drugs, alcohol and tobacco on the basis that they are incompatible with a healthy approach to sporting activity".

Roles and Responsibilities

The ASAP Programme Club Officer is responsible for overseeing the development, implementation and evaluation of the Club Drug and Alcohol Policy.

- List the contact details of the ASAP Programme Club Officer in the policy to assist with queries or suggestions.

Timeframe

Make sure that the draft policy clearly states when the completed policy will come into force and when it will be subject to review. It is useful to review it annually and after any significant drug or alcohol related incident to see if it is working well.

Education about alcohol and drug use

A variety of approaches will be required. Parents, coaches will require education that teaches them how to talk to young people about drugs and alcohol whereas young people will require education that has a healthy lifestyle focus.

- State how often and what types of drug education will be provided in the club.
- Do not use "fear-based" drug education methods that try to scare people away from using alcohol and drugs as these are the least effective and the least credible among young people.

Outline of Restrictions

The possession, use, supply of illegal drugs or presenting under the influence of alcohol/drugs are viewed as unacceptable by Cumann Lúthchleas Gael and are punishable by warnings, suspensions and expulsions as deemed appropriate.

Continued on next page

Reporting of Incidents

Suspected, alleged or confirmed incidents in breach of this policy must be referred to the Chairman of the Club concerned.

- The Chairman will inform the Executive and the Executive will decide on the appropriate response in line with the Club Drug and Alcohol Policy.

Recording of Information

Information regarding suspected, alleged or confirmed incidents in breach of the policy received by the Executive should be minuted in the usual way. The recording of factual information is preferable, and all opinions must be stated as such.

- Responses of the Executive to cases will also be recorded in this way.
- Only in confirmed cases will names of individuals be recorded.
- Use the 'Report Form for Recording Alcohol and Drug Related Incidents' at the back of this manual.

Involving Parents/Guardians

• It will be standard practice to inform parents/guardians if their child is involved in a drug/alcohol related incident. Their involvement and support is seen as essential in the resolution of these difficulties. Parents/guardians will be invited to discuss what has happened and will be included in deciding which course of action to be taken.

Search

When writing the Club Drug and Alcohol Policy use the sentence...

- 'Cumann Lúthchleas Gael retains the right to search any part of its property if there is reasonable cause to believe a substance in breach of this policy may be contained therein'
- Two officials/mentors of the unit concerned must be present during any form of search.

Involving Gardaí or Police or PSNI

In suspected or alleged incidents involving the supply of illegal drugs, it is policy of CLG to inform the Gardaí/PSNI and have them present during a search of any part of their facilities.

Disposing of (Suspected) Illegal Drugs:

If an illegal drug (or suspected illegal drug) is found on club property or during a club related activity, it should be brought to the attention of the Chairman of the unit concerned.

- Store the substance securely and call the Gardaí/PSNI to come and collect it.
- Two officials/mentors should be present during any procedures involving handling of illegal substances.
- The substances should not be removed from the building by anyone other than the Gardaí/PSNI.

Availability, use and Storage of Solvents and Gases:

There are a large number of solvent based products that can be bought easily and have the potential to be abused including paints, thinners, deodorants, air fresheners, cleaning fluids, pain relief spray and plaster removal spray.

- All solvent based materials and gases should be stored securely where young people do not have access to them.
- Ban aerosol based deodorants/anti-perspirants in favour of "roll-on" or powder based products.

Use of Performance Enhancing Substances/Methods

The guidelines set out in the GAA Anti-Doping Code must be adhered to.

STEP 5: Amend and finalise the draft policy.

Circulate the draft policy as widely as possible for the views of young people, parents/guardians, club members and club management.

- Ask for feedback from a professional legal advisor.
- Involve those parents and young people who might not normally be reached.
- Revise the policy on the basis of the feedback received from this process.

STEP 6: Ratify, circulate and implement the agreed policy.

When the finalised draft policy has been ratified by the Club Management it becomes the agreed Club Drug and Alcohol Policy.

- Circulate the finished policy to everyone connected to the club.
- Give a copy of the Club Drug and Alcohol Policy to all existing members and all new members upon joining.
- Choose a date when the policy comes into effect.
- Display and advertise the policy on the club website/newsletter.
- Promote your policy through the local media.

STEP 7: Monitor, review and evaluate the policy.

The policy should be reviewed at least annually by the ASAP Club Officer.

- Review after every drug/alcohol related incident to judge its effectiveness.
- Be aware of changes to legislation and to the local drink and drug scene.
- Evaluate the policy within the Club Planning and Development framework.

SECTION TWO

HOW TO TALK TO SOMEONE ABOUT THEIR DRUG OR ALCOHOL USE

<i>Topic</i>	<i>Page No.</i>
Introduction	16
What are the signs of drug taking?	16
What is substance abuse and addiction?	17
Signs of addiction	17
How to talk to someone about their alcohol/drug use	18-19
What not to do	20

Introduction

Most people know someone who has a drink problem and most people under the age of 30 know someone who uses drugs.

This section is designed to help you know what to say and what not to say if you want to talk to someone about their use of alcohol or drugs.

What are the signs of drug taking?

It is often difficult to tell if someone is using drugs. Different people react to substances in different ways and the signs of drug misuse in one person could be due to some other factors in someone else. It's therefore easy to jump to the wrong conclusion.

Below is a list of some signs to look for, but remember that some of these (especially the changes in behaviour) can occur without drugs playing any part. Someone might just be going through a particularly difficult period in their life.

Behavioural signs

- A change of friends
- Lack of concentration
- Sudden mood swings
- Lying and deceitfulness
- Stealing money or goods
- Abnormal sleep patterns or insomnia
- Secretiveness about activities and whereabouts
- Loss of interest in old friends, school/college work, hobbies

Physical signs

- Drowsiness
- Borrowing money
- Appearing intoxicated
- Loss of appetite, weight loss
- Needle marks and unexplained bruises
- Unusual smells, stains or marks on the body or clothes

Drugs paraphernalia

- Shredded cigarettes
- Needles and syringes
- Small weighing scales
- Scorched tin-foil or spoons
- Strong, sweet smoky smell
- Small elaborately folded pieces of paper
- Unusual powders, tablets, capsules or liquids
- Herbal substances or solid crumbly brown resin

What is Substance Abuse & Addiction?

Substance abuse and addiction are different but related. A person can abuse a drug or alcohol without having an addiction. For example, just because a person smoked cannabis a few times doesn't mean that he or she has an addiction, but if they were to continue it could lead to an addiction. People can get addicted to all sorts of substances. When we think of addiction, we usually think of alcohol or illegal drugs. But people can become addicted to other things including legal medications, cigarettes and all sorts of behaviours including gambling and sex. Addiction means a person has very little control over whether he or she uses a drug or drinks. A person who's addicted to cocaine has grown so used to the drug that they believe they have to have it. Addiction can be physical, psychological, or both. Physical addiction is when a person's body actually becomes dependent on a particular substance (tobacco is physically addictive). It also means that a person builds tolerance to that substance, so that person needs a larger dose than before to get the same effects. When a person who is physically addicted stops using a substance like drugs, alcohol, or cigarettes, he or she may experience withdrawal symptoms. Withdrawal can be anywhere along a continuum from mild to life threatening. In lesser cases it can manifest as aches, pains and general feelings of unease through to more serious cases where seizures, hallucinations and severe psychological distress can occur depending on the extent of the addiction and the substance in question. People who are psychologically addicted feel overcome by the desire to have a drug or take part in the behaviour (e.g. gambling). They may also secretly feel ashamed and lie or steal to conceal what they are doing.

Signs of Addiction

The most obvious sign of an addiction is that a person has a very strong need to have a particular substance or engage in a particular behaviour. There are other signs that can suggest a possible addiction that are listed below. However it is important to note that these can be signs of other conditions too, such as depression, eating disorders or physical illness. Common signs of a drug or alcohol addiction include:

Psychological signs:

- use of drugs or alcohol as a way to forget problems or to relax
- withdrawal or keeping secrets from family and friends
- loss of interest in activities that used to be important
- problems with school or work, such as slipping grades or absences
- spending more time with people who use drugs/alcohol
- spending a lot of time figuring out how to get drugs or alcohol
- stealing or selling belongings to be able to afford drugs or alcohol
- failed attempts to stop taking drugs or drinking
- anxiety, anger or depression

Physical signs:

- changes in sleeping habits and shaking or sick in the morning time
- needing to take more of the substance to get the same effect
- changes in eating habits, including weight loss or gain

How to talk to someone about their alcohol/drug use

Talk to the person when he/she is sober. What you have to say will have more impact when they are clear thinking rather than when they are drunk or stoned. Restrict your comments to what you feel and what you have experienced of their behaviour. Use **'I statements'** when you speak. These cannot be disputed so easily. For example saying something like *"I want to talk to you because I am worried about you"* or *"I don't like to see what's been happening to you lately as you mean a lot to me"* are much more likely to be accepted than remarks like, *"Everyone's disgusted with you"*, or, *"Mary thinks you have a real problem"*. These will probably lead to arguments about Mary's problems or who 'everyone' is. It is better to avoid such generalisations and speak about your own feelings and observations.

LESS HELPFUL

Everyone's disgusted with you

MORE HELPFUL

I want to talk to you because I am worried about you

It is rarely useful to get involved in name calling and labelling people. However it is important to openly discuss the negative consequences of their drinking or drug use. Use concrete examples of things that you have seen happening.

LESS HELPFUL

You're an alcoholic

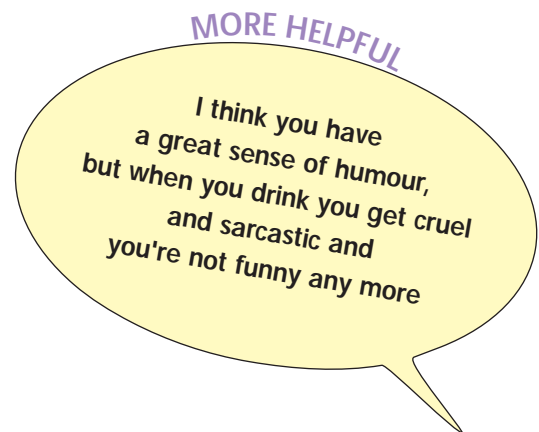
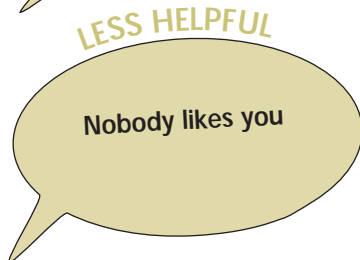
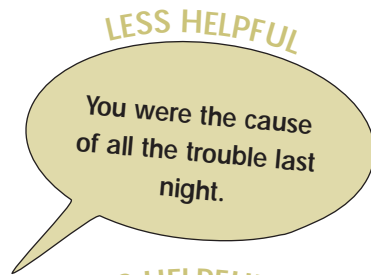
MORE HELPFUL

I was left standing there when you passed out. The next day you were too hung over to go training. That is the third time this month that has happened

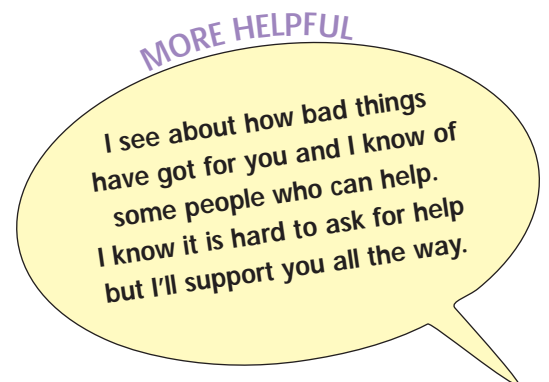
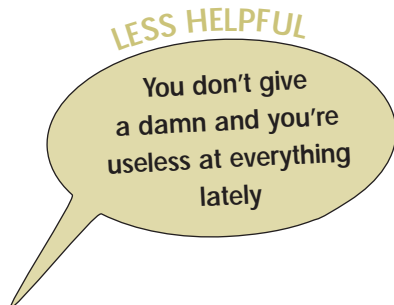
LESS HELPFUL

You can't hold your drink

Emphasise the difference between sober behaviour that you like and drinking behaviour that you dislike.



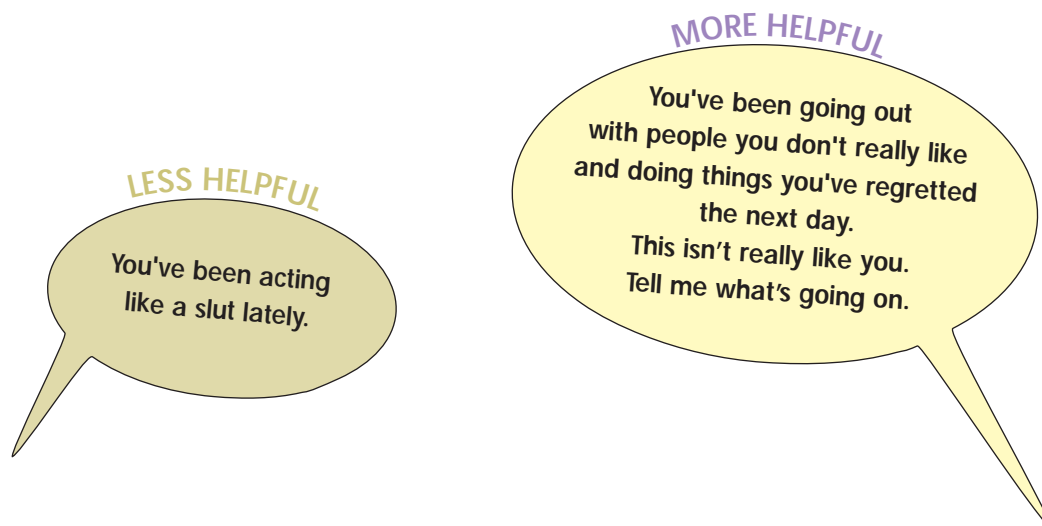
Be sure to distinguish between the person and the behaviour.



It may also be helpful to talk to other people you trust who know the person about your concerns. You may find that some of them may try to excuse his/her behaviour and want to brush it under the carpet but you are likely to find that there are other people who share the same concerns as you.

What NOT to do

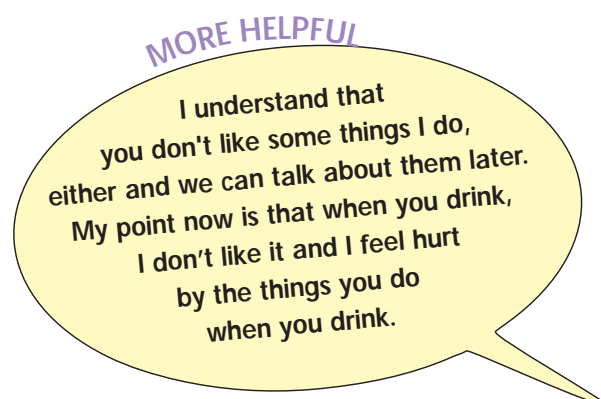
Don't lecture or moralise. Remain factual, listen to their side of the story as they will have reasons for drinking or using drugs like they do. Try your best to be non-judgmental with them. Their behaviour might not make sense to you but it does to them on some level.



The more understanding you are, the more likely they are to talk about why they are behaving as they are.

Don't accuse or argue. If they get angry or try to provoke you, remind yourself to remain calm and to stay focused on their drinking or drug use.

If they start pointing out your own shortcomings it is best to accept them and keep going by saying something like...



These can be difficult conversations to have. It is important to that you emphasise to him/her that you are doing it because you care.

Don't give up. If they seem resistant, you can bring it up later or let them know you're there for them if they ever want to talk. If you want to find out more about talking to young people about their drinking you could read 'Straight Talk: A Guide for Parents on Teenage Drinking'. It is available from Health Promotion Departments or www.healthinfo.ie.

SECTION THREE

DRUGS AND THEIR EFFECTS

Description and identification of Drugs, their street names and effects	22-36
The Misuse of Drugs Acts 1977 & 1984 (Republic of Ireland)	37
The Misuse of Drugs Act 1971 (Northern Ireland)	38

NOTE:

Due to the changing nature of drug use the information in this section is not exhaustive. Varying street names of drugs are used in different areas.



Benzodiazepines



BENZODIAZEPINES

BRAND NAME:

There are many benzodiazepines in use - the most common ones include Valium, Xanax, Rohypnol and Normison.

DRUG EFFECT:

Benzodiazepines are a group of prescription drugs that are widely abused. They cause the user to feel relaxed and less anxious.

Benzodiazepines are sometimes used by people when drinking to accentuate the effect of alcohol. This can be a dangerous practice as it is relatively easy to overdose when mixed with alcohol. Benzodiazepines are also used to ease the "crash" from drugs such as speed, ecstasy and cocaine.

STREET USE:

Swallowed

THERAPEUTIC USE:

Benzodiazepines are prescribed to treat anxiety or help people to sleep.

DEPENDENCY:

Benzodiazepines are among the most addictive drugs in current use. Despite this these drugs tend to be over-prescribed and this has led to widespread use and dependency among many people who began taking it under medical advice. Benzodiazepines should not be used continuously for more than 3 weeks as dependency can start to form.

WITHDRAWAL:

Effects of benzodiazepines last up to 24 hours and withdrawal symptoms can begin between one and seven days after last dose. Symptoms include anxiety, restlessness, tremors, feelings of unreality and distortion of perceptions. Symptoms may last for a number of months.

OVERDOSE RISK:

The risk of death from overdose is very high when mixed with other painkilling drugs, sleep inducing drugs or alcohol.

MAXIMUM LEGAL PENALTIES:

	<i>Rep. of Ireland</i>	<i>Northern Ireland</i>
<i>Possession:</i>	2 years and/or unlimited fine	2 years and/or unlimited fine
<i>Supply:</i>	14 years and/or unlimited fine	14 years and/or unlimited fine

SPECIAL NOTE:

Withdrawal from benzodiazepines can be dangerous. There is a risk of seizure during the withdrawal period and as a result a gradual reduction in dosage is advised. The gradual withdrawal regime is best carried under medical supervision.



CANNABIS

STREET NAME:

Hash, Blow, Draw, Pot, Dope, Grass



DESCRIPTION:

- Cannabis resin (hash) - most common, small blocks/lumps of brown resinous material.
- Herbal cannabis (marijuana) - less common, and resembles dried grass or leaves.
- Cannabis oil - least common, brown to black coloured thick oil.



DRUG EFFECT:

Cannabis is a mild hallucinogen with a mild sedative effect. Smoking cannabis causes a number of physical effects including increased pulse rate, decreased blood pressure, bloodshot eyes, increased appetite and occasional dizziness. Effects start within a few minutes and may last several hours depending on how much is taken. When eaten the effects take longer to start but may last longer. Eating cannabis heightens the risk of having unpleasant effects.

Generally cannabis makes people relax but the experience can vary greatly depending on the users mood and what they expect to happen. Many people find that when they first use cannabis nothing much happens. They may become giggly and very talkative or alternatively quieter and subdued. Users often report that they become more aware of music and colours and that time seems to slow down.



STREET USE:

Cannabis is most commonly smoked in a hand rolled cigarette (joint) or a homemade pipe (bong) but can also be eaten.

WITHDRAWAL:

No physical withdrawal symptoms reported but heavy users may experience restlessness, depression, loss of appetite and weight and experience sleep difficulties and weird dreams.

LONG TERM USE:

There are respiratory and memory problems associated with smoking cannabis and mental health problems can occur with heavy use. There is also an increased risk for cannabis users being involved in accidents.

OVERDOSE RISK:

Very unlikely, although vomiting can occur when taken for the first few times.

MAXIMUM LEGAL PENALTIES:

	<i>Rep. of Ireland</i>	<i>Northern Ireland</i>
<i>Possession:</i>	3 years and/or unlimited fine	2 years and/or unlimited fine
<i>Supply:</i>	7 years and/or unlimited fine	14 years and/or unlimited fine





Crack Cocaine

Crack Cocaine Paraphernalia



CRACK COCAINE

STREET NAME:

Crack, Freebase, Rocks

DESCRIPTION:

Crack is a smokeable form of cocaine made into small lumps/chips or 'rocks'. It is usually smoked in a pipe, glass tube, plastic bottle or in foil. It gets its name from the cracking sound it makes when it is burned.

DRUG EFFECT:

Crack is a strong but short acting stimulant drug. It tends to make users feel more alert and energetic. Many users feel very confident and physically strong and believe they have great mental capacities. Common physical effects include dry mouth, sweating, loss of appetite and increased heart and pulse rate. At higher dose levels users may feel very anxious and panicky. The effects from smoking crack are almost immediate and last for a few minutes.

STREET USE:

Usually smoked in a pipe.

DEPENDENCY:

There is no physical dependency on crack but there is a very significant psychological dependency on cocaine that can display itself in physical symptoms such as diarrhoea, vomiting, trembling, insomnia, anorexia and sweating.

WITHDRAWAL:

A heavy user of crack will become very tolerant to the drug in a short period of time. Once the user stops, which can prove very difficult for a regular or heavy user, they will very quickly start to feel tired, panicky, exhausted and unable to sleep, often causing extreme emotional and physical distress.

OVERDOSE RISK:

Excessive doses can cause death from respiratory or heart failure but this is rare. High doses can result in increase in body temperature, extreme agitation, convulsions and respiratory arrest. Large doses or quickly repeating doses over a period of hours can lead to extreme anxiety, outbursts of violence, paranoia and hallucinations. Overdose risk increases if cocaine is mixed with other drugs such as heroin or alcohol.

MAXIMUM LEGAL PENALTIES:

	<i>Rep. of Ireland</i>	<i>Northern Ireland</i>
<i>Possession:</i>	14 years and/or unlimited fine	7 years and/or unlimited fine
<i>Supply:</i>	Life and/or unlimited fine	Life and/or unlimited fine



COCAINE

STREET NAME:

Coke, Charlie, Snow

DRUG EFFECT:

Cocaine is a strong but short acting stimulant drug. It tends to make users feel more alert and energetic. Many users say they feel very confident and physically strong and believe they have great mental capacities. Common physical effects include dry mouth, sweating, loss of appetite and increased heart and pulse rate. At higher dose levels users may feel very anxious and panicky. The effects from snorting cocaine start quickly and last for up to 30 minutes.

DESCRIPTION:

Cocaine is a white powder.

THERAPEUTIC USE:

As local anaesthetic for eye, ear and nasal surgery.

STREET USE:

Most users sniff short lines of cocaine up their nose, often through a rolled banknote or straw.

DEPENDENCY:

There is no physical dependency on cocaine but there is a very strong psychological dependency that can display itself in physical symptoms such as diarrhoea, vomiting, trembling, insomnia and sweating.

WITHDRAWAL:

No physical withdrawal symptoms but after the "high", users experience a "crash" when they feel extremely tired and depressed.

OVERDOSE RISK:

Excessive doses can cause death from respiratory or heart failure but this is rare. High doses can result in increase in body temperature, extreme agitation, convulsions and respiratory arrest. Overdose risk increases if cocaine is mixed with other drugs such as ecstasy, speed or alcohol. Large doses or quickly repeating doses over a period of hours can lead to extreme anxiety, outbursts of violence, paranoia and hallucinations.

MAXIMUM LEGAL PENALTIES:

	<i>Rep. of Ireland</i>	<i>Northern Ireland</i>
<i>Possession:</i>	14 years and/or unlimited fine	7 years and/or unlimited fine
<i>Supply:</i>	Life and/or unlimited fine	Life and/or unlimited fine





Dihydrocodeine



Solpadeine



CODEINE

STREET NAME:

DF's, Diffs, Solpo's

BRAND NAME:

DF118 (Galen)
DHC Continus (Napp)
Solpadeine (Smith Kline Beecham)
Nurofen Plus (Crookes Healthcare)

DESCRIPTION:

30mg white tablets marked DF118
60mg white capsules/tablets marked DHC 60

DRUG EFFECT:

Codeine is found in a number of different medicines including over-the-counter (OTC) medicines (Solpadeine, Nurofen Plus) and prescription only medicines (DHC, DF118). They range from 8-30mg of codeine in each tablet. There is a lot of anecdotal evidence to suggest widespread abuse of OTC medicines that contain codeine. This in part may be due to the fact that it is easily available. Codeine is a painkiller that depresses the central nervous system. It slows down body functioning and reduces physical and psychological pain. The effects are similar to most painkillers, a relief from pain, feelings of well-being, feelings of warmth, relaxation and detachment, nausea, pinpoint pupils, reduction in body temperature and blood pressure. It also slows down the heart rate and may cause drowsiness. Codeine can also stop people feeling anxious. It usually leads to a reduction in sex drive and often causes constipation.

STREET USE: Swallowed

THERAPEUTIC USE:

Moderate to severe pain and often prescribed for back pain and migraine.

DEPENDENCY:

There is a high risk of physical and psychological dependency.

WITHDRAWAL:

It is similar to other opiates. Flu-like symptoms for 5 to 10 days.

LONG TERM USE:

Regular use of codeine will lead to constipation and may cause breathing difficulties. It will also lead to irregular periods for women.

OVERDOSE RISK:

Moderate to high, although risk of overdose increase significantly if codeine is mixed with other drugs, especially other painkilling drugs or alcohol.

MAXIMUM LEGAL PENALTIES:

	<i>Rep. of Ireland</i>	<i>Northern Ireland</i>
<i>Possession:</i>	7 years and or unlimited fine	5 years and/or unlimited fine
<i>Supply:</i>	14 years and/or unlimited fine	14 years and/or unlimited fine
<i>These penalties do not apply to OTC medicines</i>		



Ecstasy



ECSTASY

STREET NAME:

Ecstasy, E, Yokes, Doves, Mitsubishis.

DESCRIPTION:

Any colour, any shape tablets usually bearing a logo or design.

DRUG EFFECT:

Ecstasy is a stimulant drug that also has mild hallucinogenic effects. It has been described as being like a mix of amphetamine and a weak form of LSD. The effects start after 20-60 minutes and can last for up to several hours. The pupils become dilated, the jaw tightens and there is often brief nausea, sweating, dry mouth and throat. The blood pressure and heart rate increases and loss of appetite is common. Ecstasy was originally linked to the club music scene in the early 1990's but its use grew exponentially since then and it has become one of the most widely used drugs. Many users experience an initial rushing feeling followed by a combination of feeling energetic and yet calm. Loss of anger, empathy with other people and an enhanced sense of communication are commonly reported.

STREET USE:

It is taken by mouth in tablet form or mixed in a drink.

DEPENDENCY:

There is no risk of physical dependency and a moderate to high risk of psychological dependency.

WITHDRAWAL:

Fatigue and depression are common when regular ecstasy use has ceased.

LONG TERM USE:

Regular use of ecstasy is likely to lead episodes of depression and memory problems. It has also been linked to an increased frequency of urinary tract infections in women.

OVERDOSE RISK:

At higher doses ecstasy can cause anxiety, panic attacks, insomnia, hallucinations and paranoia. Pre-existing conditions such as high blood pressure, glaucoma and epilepsy can be exacerbated. Ecstasy has been linked to hyperthermia (heatstroke) where the body's temperature regulation system is affected, causing the body to overheat. Death by overdose is rare.

MAXIMUM LEGAL PENALTIES:

	<i>Rep. of Ireland</i>	<i>Northern Ireland</i>
<i>Possession:</i>	14 years and or unlimited fine	7 years and/or unlimited fine
<i>Supply:</i>	Life and/or unlimited fine	Life and/or unlimited fine



KETAMINE

STREET NAME: Special K.

BRAND NAME: Ketalar, Ketaject (Parke-Davis)

DESCRIPTION:

Ketamine comes in a variety of forms, ranging from its liquid pharmaceutical state, for injecting, through to a white powder or pill to be taken orally. Ketamine is a powerful anaesthetic drug that is used during veterinary surgery usually for large animals. In the early 1990's it found its way on to the club and rave scene when people took it thinking they were buying ecstasy. It then became more established so that people bought it by choice.

DRUG EFFECT:

Ketamine has pain-killing effects but also alters perception. People who use it commonly say they feel detached from themselves and others around them. At low doses (roughly 100mg), the user will feel euphoric and experience rushes or waves of energy. At higher doses (200mg and over) the user will often experience hallucinations, similar to LSD. This is often followed by numbness and muscle spasms. Users may also feel sick or vomit. There appears to be a higher risk of having a "bad trip" type of experience than with other drugs that cause hallucinations.

STREET USE:

Swallowed or powders are sniffed up the nose or sometimes smoked.

STREET FORM: Clear liquid or white powder or home made tablet..

THERAPEUTIC USE: Used as an anaesthetic in veterinary surgery.

DEPENDENCY:

There is no risk of physical dependency and a moderate to high risk of psychological dependency.

WITHDRAWAL:

There are no physical withdrawal symptoms but heavy users report a strong psychological dependence.

LONG TERM USE:

LSD-like 'flashbacks' have been reported together with loss of appetite and weight loss. Regular use of ketamine is likely to lead to episodes of depression and memory problems. There may also be a potential for the development of psychotic episodes following heavy use.

OVERDOSE RISK:

A few deaths have been reported. However, as with any anaesthetic, inhalation of vomit (after eating) is a serious risk if doses sufficient to induce anaesthesia are taken.

MAXIMUM LEGAL PENALTIES:

	<i>Rep. of Ireland</i>	<i>Northern Ireland</i>
<i>Possession:</i>	7 Years and/or unlimited fine	2 Years and/or unlimited fine
<i>Supply:</i>	Life and/or unlimited fine	Life and/or unlimited fine





Heroin and paraphernalia

Diamorphine



HEROIN

STREET NAME: Smack, H, Gear, Skag

DESCRIPTION:

In its illegal form it is usually a brown powder normally containing 5% to 30% pure heroin. In its legal form it is a white powder or clear liquid contained in small glass phials.

DRUG EFFECT:

Heroin numbs emotional and physical pain and many users feel as if they were "wrapped in cotton wool". At higher doses it induces sleep and this is referred to as "nodding" or "goofing". The effects last for 2-3 hours.

STREET USE: Heroin can be smoked or injected. When smoked it is referred to as "Chasing the Dragon". When heroin is injected this is referred to as "main-lining".

THERAPEUTIC USE: Heroin in its therapeutic form is called diamorphine and is only used in hospital or hospice settings in Northern Ireland and not in the Rep. of Ireland.

DEPENDENCY:

Heroin carries one of the highest risks of physical and psychological dependency.

WITHDRAWAL:

Withdrawal symptoms appear 8-24 hours after last dose. Symptoms resemble severe flu together with diarrhoea. Symptoms peak around the third day and fade after 5 to 10 days. Sleep difficulties, cravings and mood swings may continue for some weeks.

OVERDOSE RISK:

There is a significant risk of overdose. This risk is heightened after a period of abstinence or when heroin is mixed with other painkilling drugs, benzodiazepines or alcohol.

MAXIMUM LEGAL PENALTIES:

	<i>Rep. of Ireland</i>	<i>Northern Ireland</i>
<i>Possession:</i>	14 years and or unlimited fine	7 years and/or unlimited fine
<i>Supply:</i>	Life and/or unlimited fine	Life and/or unlimited fine



Dried Mushrooms

LIBERTY CAP MUSHROOM (*Psilocybe semilanceata*)

STREET NAME: Magic Mushrooms, Mushies.

DESCRIPTION:

Light brown, thin-stemmed mushroom about 6-8cm high with a nipple shape on the top of the cap.

DRUG EFFECT:

The Liberty Cap is a hallucinogenic mushroom. The effects include euphoria and hallucinations begin within 20-40 minutes and usually last between 4 and 8 hours depending on the amount used. Sleep often follows use. Users often laugh a lot and feel more confident. Some people feel sick, vomit and/or suffer from stomach aches. Higher doses result in a mild to moderate "trip" with visual and sound distortions. There have been some occasions where users have died following a fall from a high building having believed they could fly. During a "bad trip" users may experience fear, anxiety and paranoia. This is more likely with high doses and where the user already feels anxious.

STREET USE:

Usually eaten raw but may be cooked and eaten or boiled in water to make a 'tea'. Mushrooms can also be dried for storage. Amounts of mushrooms used vary from one or two mushrooms to 20 or more.

DEPENDENCY:

There is no risk of physical dependency and a small risk of psychological dependency.

WITHDRAWAL:

No withdrawal symptoms have been noted.

LONG TERM USE:

Using liberty cap mushrooms over a long period of time can damage people's mental abilities.

OVERDOSE RISK:

Liberty Caps are not very toxic and so the overdose risk is low. Were an overdose to occur it would resemble that of LSD and may result in a psychotic episode that would require psychiatric treatment. However, there is a risk of mistakenly taking a more poisonous mushroom or fungus. Some fungi are extremely toxic and can cause death within hours of consuming them.

MAXIMUM LEGAL PENALTIES:

	<i>Rep. of Ireland</i>	<i>Northern Ireland</i>
<i>Possession:</i>	14 years and or unlimited fine	7 years and/or unlimited fine
<i>Supply:</i>	Life and/or unlimited fine	Life and/or unlimited fine

SPECIAL NOTE: :

If the user is having a 'bad trip' (i.e. experiencing terror or paranoia) it helps to reduce lighting and noise levels and talk to the person in a low calm voice and reassure the person that the effects will wear off.



LSD



LSD (Lysergic Acid Diethylamide)

STREET NAME: Acid, Trips, Tabs

DESCRIPTION:

Small 1 cm squares of paper, usually with a logo or design printed on them

DRUG EFFECT:

LSD is a powerful hallucinogen. Effects begin up to 1 hour after the tab of LSD is consumed and last for 2-12 hours depending on strength. The strength varies but a low dose (half a regular tab) will usually result in a mild LSD experience, whereas a full tab will result in a full-blown trip. The effects of LSD vary greatly depending on dose level, how the user feels and the situation they are in. Users often report visual effects such as intensified colours, distortions in shapes and movement in stationary objects. There have been some occasions where users have died following a fall from a high building having believed they could fly. Distortion of sound and changes in the sense of time and place are also common.

STREET USE: Swallowed

STREET FORM: Small paper squares.

DEPENDENCY:

There is no risk of physical dependency and minimum risk of psychological dependency.

WITHDRAWAL:

Tolerance develops quickly repeated use so that further doses are ineffective. No physical withdrawal symptom reported.

LONG TERM USE:

Flashbacks (re-experiencing previous effects) are occasionally reported. There is a significant risk of psychological disturbance with heavy use.

OVERDOSE RISK:

With LSD an overdose may result in a psychotic episode that would require psychiatric treatment.

MAXIMUM LEGAL PENALTIES:

	<i>Rep. of Ireland</i>	<i>Northern Ireland</i>
<i>Possession:</i>	14 years and or unlimited fine	7 years and/or unlimited fine
<i>Supply:</i>	Life and/or unlimited fine	Life and/or unlimited fine

SPECIAL NOTE:

If the user is having a 'bad trip' (i.e. experiencing terror or paranoia) it helps to reduce lighting and noise levels and talk to the person in a low calm voice and reassure the person that the effects will wear off.



Methadone

METHADONE

STREET NAME: Meth, Juice, Phy

BRAND NAME: Methadone mixture

DESCRIPTION:

Green liquid

DRUG EFFECT:

Painkiller and depressant ("downer").

STREET USE:

By mouth.

THERAPEUTIC USE:

Methadone is the drug that is most commonly prescribed to treat heroin addiction. Methadone is not a cure for heroin addiction but rather a replacement therapy that reduces the cravings for heroin and allows the user to take a small dose usually once daily under the care of a doctor.

DEPENDENCY:

Methadone carries one of the highest risks of physical and psychological dependency.

WITHDRAWAL:

The effects of methadone last up to 24 hours, which is longer than heroin. Withdrawal symptoms are slower to develop but last longer. Flu-like symptoms appear up to 2 days after last dose, peak after 5 to 6 days and fade after 21 days. Sleep difficulties may last for longer. It has been suggested that withdrawal from methadone is more difficult than from heroin.

OVERDOSE RISK:

There is a significant risk of overdose. Methadone is poisonous to people who don't use it regularly. Doses of 50mg for an adult and 20mg for a child may be fatal. There is also a significant risk of overdose for the regular methadone user. This risk is heightened after a period of abstinence or when heroin is mixed with other painkilling drugs or alcohol.

MAXIMUM LEGAL PENALTIES:

	<i>Rep. of Ireland</i>	<i>Northern Ireland</i>
<i>Possession:</i>	14 years and or unlimited fine	7 years and/or unlimited fine
<i>Supply:</i>	Life and/or unlimited fine	Life and/or unlimited fine

POPPERS (Alkyl nitrites)

DRUG NAME: Amyl Nitrite or Butyl Nitrite

STREET NAME: Poppers

DESCRIPTION: Clear liquid

DRUG EFFECT:

Alkyl nitrites cause the blood vessels leading to the heart to widen and allow more blood to flow through. This is accompanied by a drop in blood pressure and increases heart rate. Users report a 'rush' and experience euphoria and dizziness. It also increases sexual arousal. The effects following inhalation are immediate and last from 2-5 minutes. Alkyl nitrites are sold openly on the internet and in some sex shops and joke shops.

STREET USE:

Poppers are sold in small glass bottles containing 10-20ml of amyl/butyl nitrite. Users inhale the fumes from the liquid in small doses.

DEPENDENCY:

Tolerance develops within 2-3 weeks if used on a daily basis. However this is lost following a few days of abstinence. There have been no reports of withdrawal symptoms, either physical or psychological. Hence dependency does not appear to be a problem.

OVERDOSE RISK:

Excessive use can lead to lack of oxygen in the blood. Users become cyanosed, which gives their skin and lips a blue colour. This is usually accompanied by severe vomiting and can lead to clinical shock and loss of consciousness. Nitrites are extremely poisonous when drunk.

LEGAL STATUS:

Poppers are not controlled by the Misuse of Drugs Acts in the Rep of Ireland or in Northern Ireland.

SPECIAL NOTE:

Sudden deaths have occurred when using nitrites. People with a history of heart problems, and glaucoma are strongly advised not to use poppers because of the increased strain on the cardiovascular system.





Amphetamine



SPEED (Amphetamine sulphate)

STREET NAME: Speed, Sulph, Whizz.

DESCRIPTION:

White/cream crystalline powder.

DRUG EFFECT:

Speed is a strong stimulant and the effects last for 3 to 4 hours. It increases breathing and heart rate, lessens appetite and makes the pupils widen. Users tend to feel more alert, energetic, confident and not tired. With high doses people often experience a rapid flow of ideas and feel they have increased physical and mental powers. For some people, feelings of anxiety, irritability and restlessness are common. At higher doses speed can produce panic and paranoia.

STREET USE:

Speed is usually sniffed but can be eaten or injected.

DEPENDENCY:

Speed can cause a strong physical and psychological dependency.

WITHDRAWAL:

Withdrawal from amphetamine sulphate is divided into 2 phases - the immediate "crash" or rebound which lasts 2 to 3 weeks and is characterised by hunger, extreme fatigue and long periods of disturbed sleep. In the second phase heavy users become irritable and depressed (sometimes severely). The second phase can last weeks and sometimes months.

OVERDOSE RISK:

Death from overdose is possible with large doses but rare. Overdose risk increases if speed is mixed with other drugs. Speed can also be very dangerous to use for people who have asthma or cardio vascular problems.

MAXIMUM LEGAL PENALTIES:

	<i>Rep. of Ireland</i>	<i>Northern Ireland</i>
<i>Possession:</i>	7 years and or unlimited fine	5 years and/or unlimited fine
<i>Supply:</i>	14 years and or unlimited fine	14 years and or unlimited fine



Anabolic Steroids

STEROIDS (ANABOLIC/ANDROGENIC)

STREET NAME: Roids, Juice.

BRAND NAME: Nandrolone, Restandol, Striant, Sustanon

DESCRIPTION:

Anabolic/androgenic steroids are prescription-only medicines and are available in pill, capsule and injectable forms. Anabolic/androgenic steroids are also produced illegally in some countries in pill and injectable forms. They are usually referred to as anabolic steroids for ease of use.

DRUG EFFECT:

Anabolic steroids are used to build muscle mass, improve physical appearance and enhance performance. Regular users report feelings of increased confidence after use. Anabolic steroids are not to be confused with corticosteroids which are used to treat asthma, arthritis and reduce swelling.

STREET USE:

Swallowed or injected directly into the muscle.

STREET FORM:

Injectable liquid, capsule or pill.

THERAPEUTIC USE:

Anabolic steroids are used to treat conditions that occur when the body produces abnormally low amounts of testosterone, such as delayed puberty, some types of impotence and other diseases that result in loss of lean muscle mass.

WITHDRAWAL:

After stopping using steroids, some people experience symptoms of depressed mood, fatigue, restlessness, loss of appetite, insomnia, reduced sex drive, headache, muscle and joint pain, and the desire to take more anabolic steroids.

LONGTERM USE:

There are a number of physical and psychological side effects from long term use of steroids including balding, breast enlargement and impotence in men and deepening of the voice, shrinking of breasts and growth of body hair in women. Anabolic steroid use is also linked to liver cancer and increased levels of aggression and violence known as 'roid rage' in both sexes.

LEGAL RESTRICTIONS:

Although anabolic steroids are not controlled by the Misuse of Drugs Acts in the Rep of Ireland or in Northern Ireland they are illegal to share/supply to another person. Anabolic steroids are to be sold only by pharmacists with a doctor's prescription. It's legal to possess steroids as a medicinal product for personal use. However, possession for supply/sharing is illegal and could lead to 14 years in prison and an unlimited fine.



VOLATILE SUBSTANCES (Solvents)

There are 4 categories of volatile substances;

- (1) adhesives & glues
- (2) aerosols
- (3) cleaning and degreasing agents
- (4) a miscellaneous group fire extinguishers, gas lighter fuels and petrol.

DRUG EFFECT:

Vapours from volatile substances pass rapidly from the lungs to the brain causing depression of the central nervous system. Effects are similar to drunkenness and occur within 2-3 minutes. Feelings of euphoria are very common and some users report hallucinations. If inhalation (sniffing) continues there is further depression of central nervous system, which leads to loss of awareness, judgement and muscular co-ordination and eventual coma. The intoxicating effects last for 15-60 minutes after sniffing ceases. Sniffers often report a mild 'hangover' for up to a day after use.

STREET USE:

Vapours from volatile substances are usually inhaled directly from their containers or from plastic bags or from a cloth that has been soaked in the substance.

DEPENDENCY:

There is a small risk of psychological dependency but as tolerance tends to develop quickly people tend to use solvents for a relatively short period of time.

WITHDRAWAL:

Severe headaches and mood swings are commonly reported.

OVERDOSE RISK:

Every year it is estimated that there are 10 to 15 deaths in Ireland linked directly to the toxic effects of inhaling volatile substances. There are a number of others deaths caused by a combination of accidents, inhalation of vomit and suffocation caused by losing consciousness while using a plastic bag to inhale solvents.

LEGAL STATUS:

Solvents are not covered under the Misuse of Drugs Acts in Northern Ireland or the Republic of Ireland. However it is an offence for a retailer to sell or supply adhesives to anyone under 18 years of age if solvent abuse is suspected. In Northern Ireland it is an offence to supply gas lighter refills to young people under the age of 18 years.



Drugs and the law

The Misuse of Drugs Acts 1977 & 1984 (Republic of Ireland).

The Misuse of Drugs Acts are intended to prevent the non-medical use of drugs. For this reason the Acts control not just medicinal drugs but also drugs with no current medical use. The Acts outline the penalties for unlawful possession, supply and trafficking in prescription and non-prescription drugs.

Schedule 1 lists mainly hallucinogenic and illegal drugs including ecstasy and LSD. These drugs cannot be prescribed by doctors or sold in pharmacies.

Schedule 2 lists those drugs which may be used for medical purposes but which are regarded as particularly dangerous if misused. The list consists of opiates, amphetamines and related stimulants. Any of these drugs can be legally obtained when prescribed by a doctor, dentist or veterinary surgeon and supplied by a pharmacist.

Schedule 3 lists drugs to which stringent controls and record keeping requirements apply. It contains certain dependence producing sedatives some painkillers and some appetite suppressants.

Schedule 4 lists various minor tranquillisers and preparations of phenobarbitone containing less than 100 mgs.

Schedule 5 lists certain preparations of controlled drugs to which the restrictions on possession do not apply. These are usually over the counter medications such as cough bottles and anti diarrhoea products that contain opiates.

Under the Acts, a person commits an offence if, being the occupier or concerned in the management of any premises, he knowingly permits the production or supply of drugs to take place on the premises.

Below is a table containing information on the maximum penalties that can be imposed for breaches of the Misuse of Drugs Acts.

<i>Drug schedule</i>	<i>Possession</i>	<i>Supply</i>
Schedule 1	7 years + unlimited fine	Life + unlimited fine
Schedule 2	5 years + unlimited fine	14 years + unlimited fine
Schedule 3	2 years + unlimited fine	14 years + unlimited fine
Schedule 4	Range of fines	Range of fines
Schedule 5	Range of fines	Range of fines

The Misuse of Drugs Act 1971 (Northern Ireland).

The Misuse of Drugs Act (1971) that applies in Northern Ireland is similar to the laws that apply in the Republic of Ireland inasmuch as it aims to control the non-medical use of prescribed and non-prescribed drugs. The obvious difference is that it is divided into three classes as opposed to five schedules.

Class A: These include cocaine and crack (a form of cocaine), ecstasy, heroin, LSD, methadone, processed magic mushrooms and any Class B drug which is injected.

Class B: These include amphetamine, barbiturates, and codeine.

Class C: These include mild amphetamines, anabolic steroids and minor tranquillisers and cannabis (in resin, oil or herbal form).

Under the Act, a person commits an offence if, being the occupier or concerned in the management of any premises, he knowingly permits the production or supply of drugs to take place on the premises.

Below is a table containing information on the maximum penalties that can be imposed for breaches of the Misuse of Drugs Act.

<i>Drug class</i>	<i>Possession</i>	<i>Supply</i>
Class A	7 years + fine	Life + fine
Class B	5 years + fine	14 years + fine
Class C	2 years + fine	14 years + fine

N.B. Certain controlled drugs such as amphetamines, barbiturates, methadone, minor tranquillisers and occasionally heroin can be obtained through a legitimate doctor's prescription. In such cases their possession is not illegal.

SECTION FOUR

ALCOHOL

<i>Topic</i>	<i>Page No.</i>
How does it affect the body?	41
Why do teenagers drink?	41
What can I do?	41
Alcohol and the Law	42
Check your drinking	42-44



How Does It Affect the Body?

Most people drink because they enjoy how it make them feel. The majority of people drink socially and are responsible when they use alcohol.

In very small amounts, alcohol can help a person feel more relaxed or less anxious. In larger amounts alcohol causes greater changes in the brain, resulting in intoxication. People who have consumed larger amounts of alcohol may stagger, lose their coordination, and slur their speech. They will probably be confused and disoriented. Reaction times are slowed dramatically, which is why it is dangerous to drink and drive. People who are intoxicated may think they're moving properly when they're not.

They may act totally out of character. Depending on the person, intoxication can make someone very friendly and talkative or very aggressive and angry. It is often the people who are normally quiet and friendly who become loud and aggressive when drunk and those who would normally be anxious or hyperactive often become quieter and more relaxed after drinking.

Why Do Teenagers Drink?

From a very young age, children see advertising messages showing beautiful people enjoying life - and alcohol. And, because many parents and other adults use alcohol socially, having beer when relaxing, or wine with dinner, for example, alcohol seems harmless to many teenagers. Experimentation with alcohol during the teen years is common. Some reasons that teens use alcohol (and other drugs) are:

- curiosity
- to feel good
- to reduce stress
- to relax
- to fit in
- to feel older

What can I do?

If you know or suspect a teenager is drinking -

- Ask them not to drink. Teenagers like to know what the rules are.
- Suggest alternatives to them, such as minerals, non-alcoholic beers or wines.
- Drop them off and pick them up from where they are likely to go drinking. Most underage drinking is done before and after going to a match/disco/concerts.
- Wait up for them. If the teenager knows they will have to face you or another adult at the end of the night they may drink much less, if at all.
- Tell them never to:
 - leave a drink around where it could be spiked
 - mix drugs and alcohol
 - drive after drinking or using drugs
 - accept a lift from someone who has been drinking or using drugs
 - leave a party or club alone

Alcohol and The Law

There are a number of laws relating to the sale and use of alcohol. Below is a list of the laws that are most commonly misunderstood.

Alcohol laws in the Republic of Ireland

- It is an offence to knowingly sell alcohol to a person under 18 years of age.
- It is an offence for a person under 18 to purchase alcohol.
- It is an offence for a person under 18 to represent themselves as being over 18 in order to obtain alcohol.
- It is an offence for a person under 18 to consume alcohol except with the explicit consent of their parent/guardian in a private residence.
- Children under 15 may be in the bar of a licensed premises only if accompanied by a parent/guardian, but not after 9 pm.
- Young people aged 15-17 may be in the bar of a licensed premises unaccompanied, but not after 9 pm.
- Children under 15 accompanied by a parent/guardian and/or young people aged 15-17 may be in the bar of a licensed premises after 9 pm if attending a private function where a substantial meal is being served e.g. a wedding reception.
- It is an offence to serve alcohol to a person who is drunk.

Alcohol laws in Northern Ireland

- It is an offence to knowingly sell alcohol to a person under 18 years of age.
- It is an offence to give alcohol to a child under 14 years of age.
- In some areas there are by laws restricting drinking of alcohol on the streets at any age.
- Police have the power to confiscate alcohol from under 18s who drink in public places.
- It is an offence for any person to allow a person whom they know to be drunk to be present in, or to buy or consume alcohol in a licensed premises.
- It is an offence for anyone to buy alcohol for someone under 18 to drink on licensed premises.
- It is an offence for anyone to buy, consume or supply alcohol in licensed premises outside the permitted opening hours
- It is an offence for anyone to be drunk in licensed premises

Check your drinking

Many people secretly wonder if their drinking is a problem. The questionnaire on the next page will give you a good idea if your drinking is harmful to you or the people around you. It might be best if you do this privately and it is important that you answer all the questions honestly. Place the score that best describes your answer at the end of each line in the Sub Total box and add them up in the Final Total box at the bottom. On the following page you can check how these scores relate to you.

In this questionnaire a "drink" is...

- a half a pint of beer • a single measure of spirits
- a small glass of wine • a spirit-based drink e.g. Smirnoff Ice

Pints and cans of beer count as two drinks.

A bottle of wine at 12.5% alcohol contains about seven standard drinks.



1 standard drink contains 10g of pure alcohol



Scores	0	1	2	3	4	Sub Total
How often do you have a drink containing alcohol?	Never	Monthly or less	2-4 times a month	2-3 times a week	4 or more times a week	
How many drinks containing alcohol do you have on a typical day when you are drinking?	1 to 3	3 or 4	5 or 6	7 to 9	10 or more	
How often do you have six or more drinks on one occasion?	Never	Less than Monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you found that you were not able to stop drinking once you started?	Never	Less than Monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you failed to do what was normally expected of you because of drinking?	Never	Less than Monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?	Never	Less than Monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than Monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you been unable to remember what happened the night before because of your drinking?	Never	Less than Monthly	Monthly	Weekly	Daily or almost daily	
Have you or someone else been injured because of your drinking?	No		Yes, but not in the last year		Yes, during the last year	
Has a relative, friend, doctor or other health care worker been concerned about your drinking or suggested that you cut down?	No		Yes, but not in the last year		Yes, during the last year	
FINAL TOTAL:						

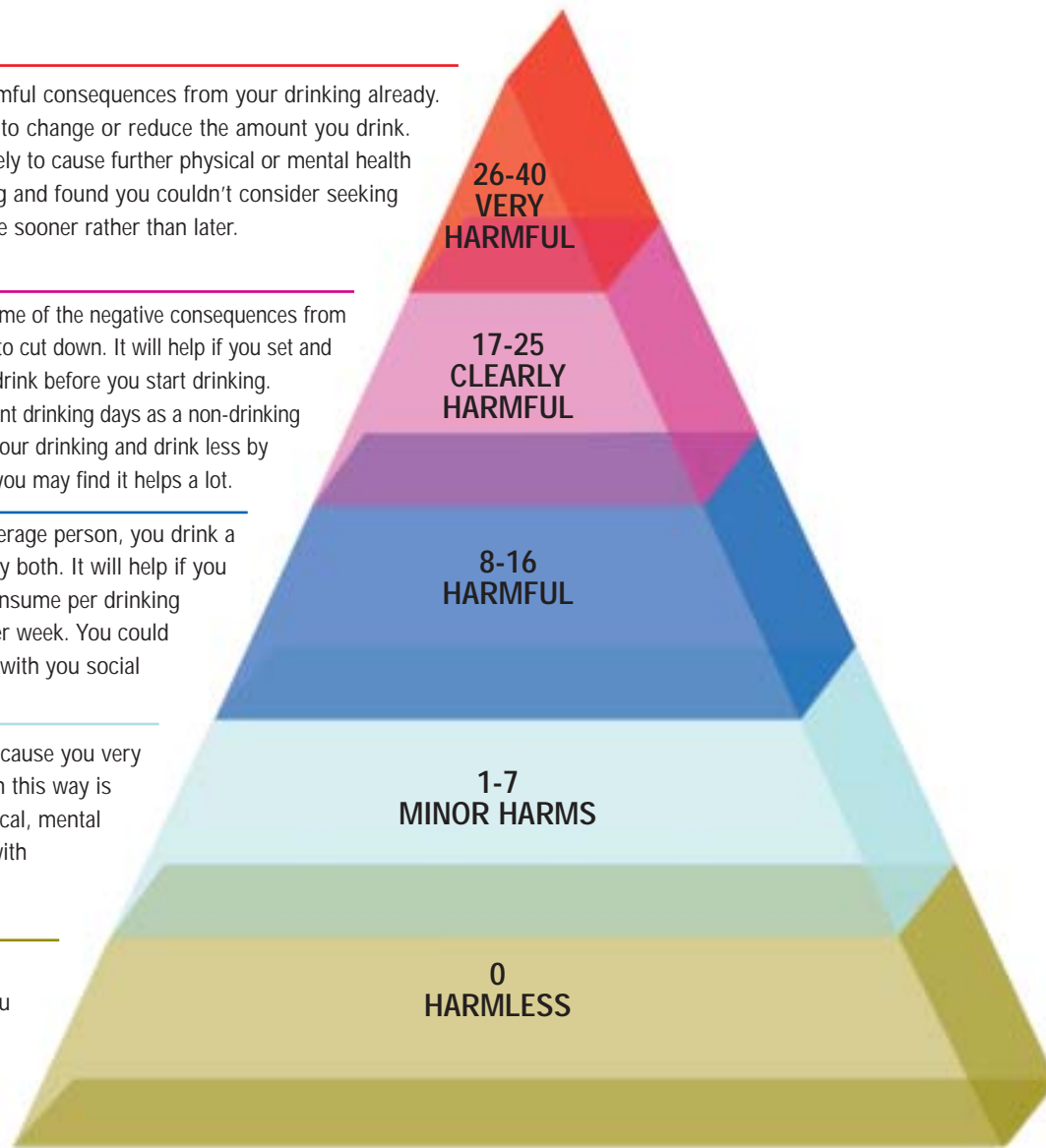
You probably have experienced harmful consequences from your drinking already. You may have unsuccessfully tried to change or reduce the amount you drink. Continuing to drink in this way is likely to cause further physical or mental health problems. If you have tried stopping and found you couldn't consider seeking help from your GP or alcohol service sooner rather than later.

You may have already experienced some of the negative consequences from drinking and are aware of some need to cut down. It will help if you set and stick to limits on how much you will drink before you start drinking. Setting aside at least one of your current drinking days as a non-drinking day will help. Also if you slow down your drinking and drink less by alternating with non-alcoholic drinks you may find it helps a lot.

Your score indicates that, for the average person, you drink a little too much, too often, or possibly both. It will help if you reduce the number of drinks you consume per drinking occasion and/or drink fewer days per week. You could probably do this without interfering with your social life in any significant way.

You are in the range that is likely to cause you very few problems. Continuing to drink in this way is going to help you to avoid the physical, mental and social problems that go along with heavier drinking.

Congratulations, you scored in the lowest risk range. This means that you are either abstaining from alcohol or keeping your drinking well within the established limits. Continuing to drink in this way is the healthiest possible way to approach alcohol.



The scores given above may be helpful for you to get a handle on your drinking and to decide if you need to change it in any way.

Most people who decide to change their drinking habits do so by themselves without any help.

If you do decide to change how you are drinking and want some advice on how to do it. You could speak to your GP or use one of the many services that are listed in the "Where To Get Help" section of this manual.

Remember, no-one else can make this decision for you. It is completely up to you.

SECTION FIVE


WHERE TO GET HELP

A 32 county directory of drug and alcohol agencies.

Where to get help - index

County	Page No.
National Services	47
Antrim	48-50
Armagh	50
Carlow	51
Cavan	51
Cork	51
Clare	52
Derry	52-53
Donegal	54
Down	55
Dublin	55-60
Fermanagh	60
Galway	61
Kerry	63
Kilkenny	63
Kildare	64
Laois	64
Leitrim	64
Limerick	65
Longford	66
Louth	66
Mayo	67
Meath	68
Monaghan	69
Offaly	69
Roscommon	69
Sligo	70
Tipperary	70-71
Tyrone	71
Waterford	71
Westmeath	72
Wexford	72
Wicklow	73
Regional and Local Drug Task Forces - Republic of Irl.	74
Drug and Alcohol Co-ordination Teams - Northern Irl.	75
Health Promotion Offices - Republic of Irl.	75
Health Promotion Offices - Northern Irl.	75

<p>NATIONAL Alanon/Alateen – N. Ireland Tel.: 020 7403 0888 alanonuk@aol.com www.al-anonuk.org.uk Al-Anon Info Centre, Peace House 224 Lisburn Road, Belfast. BT9 6GE</p> <p>A fellowship of people whose lives have been or are being affected by other peoples drinking. Alanon and Alateen hold weekly meetings all over Ireland.</p>	<p>NATIONAL Alanon/Alateen - Rep of Ireland Tel.: 01 8732699 Al Anon/Alateen Information Centre 5/6 Capel Street, Dublin 1</p> <p>A fellowship of people whose lives have been or are being affected by other peoples drinking. Alanon and Alateen hold weekly meetings all over Ireland.</p>
<p>NATIONAL Alcoholics Anonymous – N. Ireland Tel.: 028 90434848 www.alcoholics-anonymous.org.uk 7 Donegal Street Place, Belfast, BT1 2FN County Antrim</p> <p>A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Requirement for membership? - a desire to stop drinking.</p>	<p>NATIONAL Alcoholics Anonymous, Rep of Ireland Tel.: 01 4538998 ala@indigo.ie 109 South Circular Road, Leonard's Corner, Dublin 8,</p> <p>A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Requirement for membership? - a desire to stop drinking.</p>
<p>NATIONAL Drug Helpline – N. Ireland Freephone 0800 77 66 00</p> <p>Provides information on drugs and also provides information on how to contact the most appropriate services in your local area.</p>	<p>NATIONAL Drug Helpline – Rep of Ireland Freephone: 1800 459 459 Monday to Friday</p> <p>Providing free and confidential guidance to anyone concerned with drug use or HIV infection. Offers information on drugs, HIV testing, safer sex and sexually transmitted infections.</p>
<p>NATIONAL Narcotics Anonymous - N. Ireland Tel.: 07810 172991 contact@nanorthernireland.com www.nanorthernireland.com PO Box 543, Tomb St., Belfast, BT1 1AA</p> <p>Community based organisation for recovering addicts. NA members learn from one another how to live drug-free and recover from the effects of addiction in their lives. Requirement for membership? - a desire to stop using drugs.</p>	<p>NATIONAL Narcotics Anonymous Rep of Ireland Tel.: 01 6728000 Web: www.na.ireland.org Narcotics Anonymous Ireland, 4/5 Eustace Street, Dublin 2.</p> <p>Community based organisation for recovering addicts. NA members learn from one another how to live drug-free and recover from the effects of addiction in their lives. Requirement for membership? - a desire to stop using drugs.</p>

<p>ANTRIM</p> 	<p>ANTRIM</p> <p>Antrim Youth Information Centre Tel.: 028 9442 9844 ayic@antrim.gov.uk www.ayic.co.uk 10a High Street, Antrim, BT41 4AN.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Information and education • Counselling for those aged 8-26 years who have been affected by drugs, alcohol and other youth-related issues.
<p>ANTRIM</p> <p>Ballymena Family and Addicts Support Group Tel.: 028 2563 2726 www.bfasg.org.uk 60-64 Mill Street, Ballymena. BT43 5AF.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Group and individual support for families of drug users. • 12 week New Start programme for ex-drug users. Mon-Fri 10.30am-2.00pm 	<p>ANTRIM</p> <p>Carlisle House Addiction Unit Tel.: 028 9032 8308 (24 Hour Organisation) 2-4 Henry Place, Clifton Street, Belfast. BT15 2BB.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Residential • Counselling (group and individual) • Advice • Support • Accommodation • Education • Helpline
<p>ANTRIM</p> <p>CHILL Project Tel.: 028 9045 7848 (Mon - Thur 12am - 5pm. Helpline open Mon - Fri 4pm - 9pm) 139 Ravenhill Road, Belfast, BT6 8DR.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Advice • Education • Helpline • Social education • Peer education • Consultation/information for parents, family members and friends 	<p>ANTRIM</p> <p>CHILL Project Tel.: 028 9043 5810 30-34 Hill Street, Belfast. BT1 2LB.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Peer education • Mentoring • Advice • Support • Training the trainers • Residential • Youth advice centre
<p>ANTRIM</p> <p>CODA Project Tel.: 028 9046 9261 Mon - Fri 9am - 5pm 116 Castlereagh Street, Belfast, BT5 4NL.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Training courses • Advice and support to families 	<p>ANTRIM</p> <p>Community Addiction Service Tel.: 028 2565 8462 Cullybackey Rd, Ballymena. BT43 5DT.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Advice & Information • Individual and Group Counselling • Blood Borne Viruses testing / screening • Hepatitis B immunisation • Community detoxification • In-patient detoxification/ treatment • Education & prevention programmes • Day programmes

<p>ANTRIM</p> <p>Down and Connor Pioneer Association Tel.: 028 9049 2424 Mon & Thu: 11am-2pm Tue: 11am-3pm Wed: 7pm-9pm Fri: 10am-12.30pm 511 Ormeau Road, Belfast. BT7 3GS.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Advice • Education • Self help 	<p>ANTRIM</p> <p>Drug Outreach Team Tel.: 028 9024 4070 Office open Mon - Fri 9am - 5pm. South Belfast Partnership Board, 18 Mount Charles, Belfast. BT7 1NZ.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Mobile outreach service specifically targeting opiate users aiming to reduce harm • Family and Friends support group
<p>ANTRIM</p> <p>Dunlewy Substance Advice (NI) Ltd. Tel.: 028 9074 3999 Mon-Thu 9.30am-5pm. Fri 9.30am-1pm 228 Antrim Road, Belfast, BT15 2AN</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Advice • Support • Education • Personal development courses • Counselling skills • Talks on substance abuse • Community based education/literature and education/prevention programmes 	<p>ANTRIM</p> <p>Holywell Hospital Tel.: 028 2565 8462 60 Steeple Road, Antrim. BT41 2RJ</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Advice & Information • Individual and Group Counselling • Blood Borne Viruses testing / screening • Hepatitis B immunisation • Community detoxification • In-patient detoxification/ treatment • Education & prevention programmes • Day programmes
<p>ANTRIM</p> <p>Northern Ireland Community Addiction Service Tel.: 028 9066 4434 Mon-Thu 8.30am-5pm. Fri 8.30am-4pm 40 Elmwood Avenue, Belfast, BT9 6AZ</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Advice • Support • Education • Creche facilities 	<p>ANTRIM</p> <p>Northern Ireland Community Addiction Service (NICAS) Tel.: 028 9073 1602 219 Albertbridge Road, Belfast. BT5 4PU nicas.albertbridge@virgin.net</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Drug/alcohol counselling for adults • Family counselling and advice • Drug/alcohol education and training
<p>ANTRIM</p> <p>Northern Ireland Community Addiction Service (NICAS) Tel.: 028 9033 0499 461 Falls Road, Belfast</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Drug/alcohol counselling for adults • Family counselling and advice • Drug/alcohol education and training 	<p>ANTRIM</p> <p>Parents Advice Centre Tel.: 028 9031 0891 (Mon - Fri 10am - 4pm. Helpline Mon - Sun 7pm - 9pm) Franklin House, 12 Brunswick Street Belfast. BT2 7GE.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Drop-in • Information • Support • Guidance • Counselling • Parent group • Talks

<p>ANTRIM</p> <p>Rosemount House Tel.: 028 9074 2776 (24 Hour Organisation) 294 Antrim Road, Belfast, BT15 5AA.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Advice • Support • Accommodation • Self help • Helps clients to find permanent accommodation 	
<p>ANTRIM</p> <p>South and East Belfast Community Addiction Team Tel.: 028 9045 0997 South & East Belfast HSS Trust, 1-15 Woodstock Link, Belfast. BT6 8AE</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • counselling • advice and support • home detox • relapse management • relative support • education group • home visits 	
<p>ANTRIM</p> <p>Shaftsbury Square Hospital Tel.: 028 9032 9808 (24 Hr Organisation) 116-120 Great Victoria St., Belfast BT2 7BG.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Advice • Detox • Support • Group work • Education • Helpline • Self-help groups for relatives • AA meetings • Education groups • Aftercare groups • Narcotics Anonymous • Relapse prevention programmes • Beginners discussion group 	
<p>ARMAGH</p> <p>Addiction Services Tel: 028 3752 2381, ext 2342 addictionunit@adhsst.n-i.nhs.uk St Luke's Hospital, Loughgall Road, Armagh. BT61 7NQ</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Training • Treatment • Support and counselling • Education and prevention 	<p>ARMAGH</p> <p>REACT Tel.: 028 4176 9912 llovereact@aol.com www.dontblowit.org.uk 2 Bridge Street, Kilkeel, BT34 4AD</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Mentoring • Personal development • Essential skills training • Counselling • Drug and alcohol education and awareness • Career guidance.

<p>CARLOW</p> <p>Carlow / Kilkenny Substance Misuse Team Tel.: 056 778 4638 Kickam Street, Kilkenny.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Drug Treatment • Methadone Prescription 	<p>CARLOW</p> <p>County Carlow Drugs Initiative Carlow Regional Youth Services Tel.: 059 9140616 11 Kennedy Street, Carlow.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Information & support • Parent & family support • Drug education • Peer education
<p>CARLOW</p> <p>HSE Alcohol & Addiction Services Tel.: 059 91 36301 St. Dymphna's Hospital, Carlow.</p> <p>Services Provided</p> <ul style="list-style-type: none"> • Inpatient treatment • Outpatient treatment • Aftercare • Counselling • Advisory Services • Treats alcohol, drugs, gambling and prescription drug addiction in adults. 	<p>CARLOW</p> <p>St Francis Farm Tel.: 059 9151369 Beaumont House, Tullow, Co. Carlow.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • 1 year Residential Programme • Treatment for former long term drug users
<p>CAVAN</p> <p>Cavan/Monaghan Drug Awareness Tel.: 042 966 6983 Thomas Street, Baillieborough, Co. Cavan.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Addiction Counselling for individuals/families • Family Support • Education/Awareness Programmes • Auricular Acupuncture • Provision of literature. 	<p>CORK</p> <p>Anchor Treatment Centre Limited Tel.: 022 42559 anchorcentre@eircom.net Spa Glen, Mallow, Co. Cork.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient Counselling for adults/adolescents • Aftercare • Advisory Services • Employee Assistance Programme
<p>CORK</p> <p>Arbour House Treatment Centre Tel.: 021 4968933 St. Finbar's Hospital, Douglas Road, Cork.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient Counselling for adults/adolescents • Aftercare • Advisory Services • Employee Assistance Programme 	<p>CORK</p> <p>Tabor Lodge Treatment Centre Tel.: 021 4887110 Ballindeasig, Belgooly, Co. Cork.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient treatment • Aftercare • Halfway House • Counselling • Advisory Services • Employee Assistance Programme.

SECTION FIVE -
WHERE TO GET HELP

<p>CLARE</p> <p>Bushypark Treatment Centre Tel.: 065 684 0944 Ennis, Co. Clare.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient treatment • Aftercare • Counselling and advisory services for adults 	<p>CLARE</p> <p>Clarecare Tel.: 065 682 8178 Harmony Row, Ennis, Co. Clare.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient treatment • Aftercare • Counselling and advisory services for adults
<p>CLARE</p> <p>Clare Community Drug and Alcohol Team Tel.: 065 6869859 Museum House, France Street, Ennis Co. Clare.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Information and advice • Outreach work 	<p>CLARE</p> <p>Ennistymon Day Hospital Tel.: 065 7071611 Ennis Road, Ennistymon, Co. Clare.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient treatment • Aftercare • Counselling and advisory services for adults
<p>CLARE</p> <p>Kilrush Day Hospital Tel.: 065 9054100 West Clare Mental Health Services, St. Joseph's Terrace, Kilrush, Co. Clare.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Medication • Education 	<p>CLARE</p> <p>Our Lady's Day Hospital Tel.: 065 682 1414 Gort Road, Ennis, Co. Clare.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient treatment • Aftercare • Counselling and advisory services for adults
<p>DERRY</p> <p>Break Thru Project Tel.: 028 8775 3228 (Mon - Fri: 9am - 5pm) 18 Killymeal Road, Dungannon. BT71 6LJ.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Support • Helpline • Drug awareness training • Peer education 	<p>DERRY</p> <p>Addiction Treatment Unit Tel.: 028 8283 5443 Monday – Friday: 8am – 10pm Tyrone and Fermanagh Hospital Hospital Road, Omagh. BT79 0NS.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Residential treatment • counselling • Advice • Support • Education • Helpline • Family group meeting • Women's group meetings

<p>DERRY</p> <p>Clarendon Medical Health Centre (Addiction Clinic) Tel.: 028 7186 5239 35 Northland Avenue, Derry, BT48 7JW.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Drug/alcohol assessments • One to one counselling • Family work where suitable • Outreach clinics in various locations throughout Foyle Trust area. 	<p>DERRY</p> <p>Cookstown / Dungannon Divisional Youth Office Tel.: 028 8772 2167 Mon-Fri: 9am - 5pm Unit 6, 7-9 Market Square, Dungannon. BT70 1JF.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Advice • Support • Education
<p>DERRY</p> <p>Foyle Health and Social Services Alcohol and Drug Service Tel.: 028 71865237 9am - 5pm www.foyletrust.n-i.nhs.uk Woodlea House, Gransha Park, Derry. BT47 6TF.</p> <p>Services Provided: • Drug/alcohol assessments • One to one counselling • Family work where suitable • Outreach clinics in various locations throughout Foyle Trust area.</p>	<p>DERRY</p> <p>Hope UK Tel.: 028 7131 1425 19 Clearwater, Derry. BT47 6BE.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Advice • Education
<p>DERRY</p> <p>I'DARE Project Tel.: 028 68628947 Arc Healthy Living Centre, 116 - 122 Sallyswood, Irvinestown, BT94 1JQ.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Drug/alcohol awareness training • Diversionary activities 	<p>DERRY</p> <p>Northlands Centre Tel.: 028 7131 3232 24 Hour Organisation, Shepherds Way, Dungiven Road, Derry, BT47 2AL.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Advice • Support • Family support • Residential treatment • Aftercare • Educational and preventative services
<p>DERRY</p> <p>TIPSA (Teenagers Involved in Protecting Selves Around Alcohol) Tel.: 028 8676 3388 Mon-Fri 9am-4.30pm Gortalowry House, 94 Church Street, Cookstown, BT80 8HX.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Alcohol information to teenagers and their parents • Training for those working with young people. 	<p>DERRY</p> <p>SmaC Project Tel.: 028 7034 4934 (Mon-Thurs 9am-5pm. Fri 9am-2.30pm) 8 Killowen Court, Coleraine. BT51 3TP.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Drug awareness • Peer leadership training



DONEGAL



DONEGAL

HSE Alcohol and Substance Counselling & Advisory Service

Tel.: 074 9721933

(Tuesday/Wednesday 9am–5pm)

East End House, (opposite Donegal
Hospital), Donegal Town.

Services Provided:

- Drug/alcohol counselling • Advisory Service
- Drug/alcohol education

DONEGAL

HSE Alcohol and Substance Counselling & Advisory Service

Tel.: 074 28769

9 St. Eunan's Court, Convent Rd,
Letterkenny.

- Services Provided:
- 30 day inpatient alcohol treatment • Outpatient counselling and advice
 - Aftercare • Employee Assistance Programme
 - Court Alcohol Management Programme
 - Drug/Alcohol counselling for adults/teens

DONEGAL

White Oaks Rehabilitation Centre


Tel.: 074 9384400

whiteoaksrehabcentre@hotmail.com

Muff, Co. Donegal.

Services Provided:

- 37 day residential programme
- One to one counselling
- Individual treatment plans • Meditation
- Self/family/professional referral
- Family service • 2 year aftercare

<p>DOWN</p> <p>Cuan Mhuire Tel.: 028 30269121 Newry, Co. Down.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient treatment • Aftercare • Halfway House • Counselling and advice for adults/teens 	<p>DOWN</p> <p>Addictions Unit Tel.: 028 4461 3311 Shimna House, Downshire Hospital, Ardglass Road, Downpatrick, BT30 6RA</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Four-week inpatient programme • Outpatient support for drug users • Family support
<p>DUBLIN</p> 	<p>DUBLIN</p> <p>Addiction Response Crumlin Tel.: 01 4563111 arcumlin@eircom.net 101 Cashel Road, Crumlin, Dublin 12.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Drugs Outreach • Counselling • Family Support
<p>DUBLIN</p> <p>Ana Liffey Drug Project Tel.: 01 8786899 Freephone no. for clients: 1800 786 828 analiffey1@hotmail.com 48 Middle Abbey Street, Dublin 1.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient counselling • Advisory service • Group-work • Peer Training • Drop-in Centre • Aftercare 	<p>DUBLIN</p> <p>Artane Drug Awareness Project Tel.: 01 818 7318 55 Gracefield Road, Artane, Dublin 5.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Teenage Drop in club • Arts & Crafts • Sexual Health programme • Life Skills • Drug Awareness • Drama colour therapy • One to one counselling
<p>DUBLIN</p> <p>Ballymun Youth Action Project Limited Tel: 01 8428071 byap@iol.ie Horizons Centre, Ballcurris Road, Ballymun, Dublin 11.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Education • Training 	<p>DUBLIN</p> <p>Barrymore House Tel.: 01 8680608 217 North Circular Road, Dublin 7.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Aftercare • Alcohol education

SECTION FIVE -
WHERE TO GET HELP

<p>DUBLIN</p> <p>City Wide Drugs Crisis Campaign Tel.: 01 836 5090 www.citywide.ie 175 North Strand Road, Dublin 1.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Support & Guidance for families of people with drug problems • Support and Facillitate local groups 	<p>DUBLIN</p> <p>Cluain Mhuire Service Tel: 01 2172100 www.sjog.ie Newtownpark Avenue, Blackrock, Co. Dublin.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Detoxification
<p>DUBLIN</p> <p>Chrysalis Community Drug Project Tel.: 01 6705544 www.sjog.ie 27 Benburb Street, Dublin 7.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Advice • Family support 	<p>DUBLIN</p> <p>Clondalkin Addiction Support Programme Tel.: 01 6238000 casp@iol.ie Ballyowen Meadows, Fonthill Road, Dublin 22.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Drugs Outreach • Detoxification • Family Support
<p>DUBLIN</p> <p>Community Awareness of Drugs Tel.: 01 6792681 communityawareness@eircom.net www.cadaboutdrugs.ie 31 Central Hotel Chambers, Dame Court, Dublin 2.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Drug education • Training for parents, carers and community workers. 	<p>DUBLIN</p> <p>Coolmine Therapeutic Community Tel.: 01 6794822 / 6793765 coolhse@eircom.net Coolmine House, 19 Lord Edward Street, Dublin 2.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Education • Aftercare
<p>DUBLIN</p> <p>D.R. • P. Tel.: 01 280 3187 Open Mon-Fri, 2.30pm-4.30pm theafternoonprogramme@eircom.net 45 Upper Georges Street, Dun Laoghaire, Co. Dublin.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Drop in treatment centre • Counselling • Outreach service • Rehabilitation facilities 	<p>DUBLIN</p> <p>Drugs Awareness Programme (Crosscare) Tel.: 01 836 0911 Red House, Cloniffe College, Drumcondra, Dublin 3. www.dap.ie</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Training and drug education • Support • Counselling • Advocacy • Confidential interactive website • Text service

<p>DUBLIN</p> <p>Drug Treatment Centre Board Tel.: 01 6488600 info@dtcb.ie Trinity Court, 30/31 Pearse Street, Dublin 2</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient treatment • Outpatient treatment • Aftercare programmes for drug users • Advisory service to professionals • Advice for parents and teachers 	
<p>DUBLIN</p> <p>FAST (Finglas Addiction Support Team) Tel.: 01 8110595 fast_ltd@eircom.net St Helenas Resource Centre, St Helenas Rd., Finglas.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Drop in service • Family support • Prison visits • Info on drugs and alcohol • Massage, reiki & acupuncture <p>Aftercare support group • Cocaine specific service</p>	<p>DUBLIN</p> <p>Hanly Centre Tel.: 01 2809795 info@thehanlycentre.com www.thehanlycentre.com The Mews, Eblana Avenue, Dun Laoghaire</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Alcohol assessments • Counselling • Group therapy
<p>DUBLIN</p> <p>HSE Alcohol Treatment Unit Tel.: 01 6607838 Baggot Street Community Hospital, 18 Upper Baggot Street, Dublin 4</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Individual Counselling • Assessment • Aftercare 	<p>DUBLIN</p> <p>HSE Baggot Street Addiction Centre Tel.: 01 660 2189 Freephone 1800 201 187 19 Haddington Road, Dublin 4.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Support • Advice • Outpatient counselling • Aftercare
<p>DUBLIN</p> <p>HSE Community Alcohol Services Tel.: 01 4516589 / 4516754 Ground Floor, Glen Abbey Centre, Belgard Road, Tallaght Dublin 24</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Assessment • Education programme • Aftercare 	<p>DUBLIN</p> <p>Inchicore Community Drug Team Tel.: 01 4736502 icdt@eircom.net Unit 13, Goldenbridge Industrial Estate, Inchicore, Dublin 8.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Advice • Outreach • Alternative Therapy



DUBLIN

**Mountview/Blakestown Community
Drug Team**

Tel.: 01 8219140 / 8211333
105 Coolmine Ind. Estate, Coolmine,
Dublin 15.

Services Provided:

- Outpatient counselling • Counselling
- Needle exchange
- Acupuncture
- Massage

DUBLIN

Oasis Project

Tel.: 01 2845722
mscdp@gofree.indigo.ie
74 Maple House, Mountown,
Dun Laoghaire,
Co. Dublin.

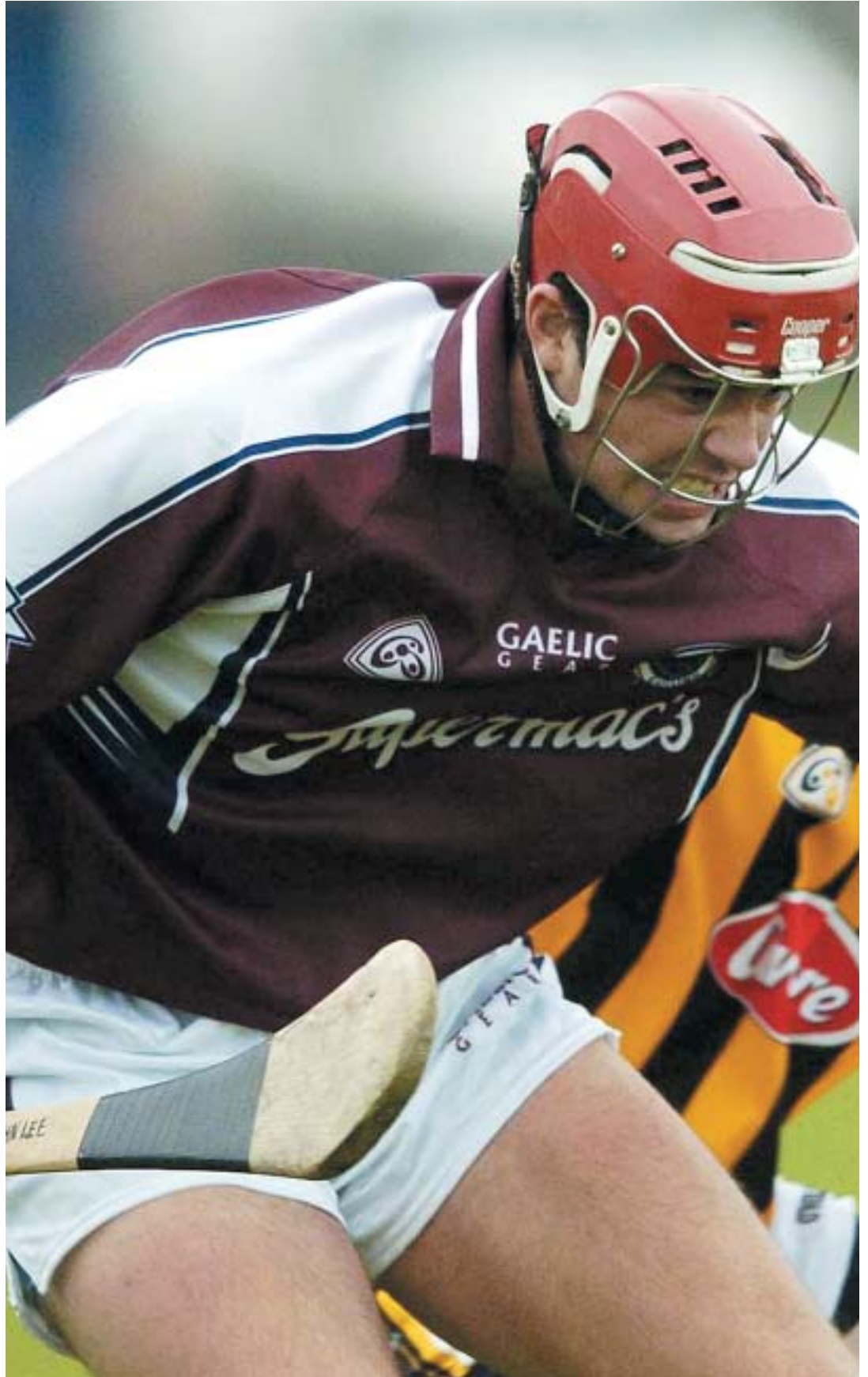
Services Provided:

- Outreach
- Counselling for adults

<p>DUBLIN</p> <p>Merchants Quay Ireland Tel.: 01 6771128 info@mqi.ie www.mqi.ie 4 Merchants Quay, Dublin 8.</p> <p>Services Provided: • Outpatient counselling • Aftercare • Group Therapy • Educational Services • Needle exchange • Methadone support service • 12 week residential programme • 1 year residential programme</p>	<p>DUBLIN</p> <p>Patrick Street Addiction Centre Tel.: 01 280 8472 99 Patrick Street, Dun Laoghaire, Co. Dublin.</p> <p>Services Provided: • Methadone prescription • Counselling • Hepatitis C treatment.</p>
<p>DUBLIN</p> <p>RADE (Recovery through Arts, Drama and Education) Tel.: 01 454 8733 info@rade.ie www.rade.ie OLV Building, Cathedral View Court, Off New Street, Dublin 8.</p> <p>Services Provided: • Art and drama therapy • Tai Chi</p>	<p>DUBLIN</p> <p>Rialto Community Drug Team Tel.: 01 4540021 rialtocommunitydrugteam@eircom.net St. Andrew's Community Centre, Rialto, Dublin 8.</p> <p>Services Provided: • Counselling • Advice • Outreach • Alternative Therapy</p>
<p>DUBLIN</p> <p>Rutland Centre Ltd. Tel.: 01 4946358 rutlandcentre@eircom.net Knocklyon Road, Templeogue, Dublin 16</p> <p>Services Provided: • Intervention • Family mobilisation • Assessment • Pre-treatment counselling • Drug-free residential and family treatment programme • Comprehensive aftercare • Consultation service for employers</p>	<p>DUBLIN</p> <p>SAOL Project Tel.: 01 855 3391 saol@saolproject.ie 58 Amien Street, Dublin 1.</p> <p>Services Provided: • Non residential rehabilitation for women</p>
<p>DUBLIN</p> <p>Stanhope Centre Tel.: 01 6773965 / 6779447 Grangegorman Lower, Dublin 7.</p> <p>Services Provided: • Individual counselling • Family counselling • Alcohol assessments</p>	<p>DUBLIN</p> <p>St. John of God Hospital Tel.: 012881781 Stillorgan, Co. Dublin. www.sjog.ie</p> <p>Services Provided: • Inpatient • Outpatient • Family therapy • Detoxification</p>


<p>DUBLIN</p> <p>St. Patricks Hospital Tel.: 01 2493200 www.stpatrickshosp.com Steeven's Lane, Jame's Street Dublin 8</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Family therapy • Detoxification 	<p>DUBLIN</p> <p>St Vincent's Psychiatric Hospital Tel: 01 8842401 Richmond Road, Fairview, Dublin 3.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Family therapy • Detoxification
<p>DUBLIN</p> <p>Talbot Centre Tel.: 01 8363434 / 8366746 talbotcentre@eircom.net 29 Upper Buckingham Street, Dublin 1.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Individual counselling • Family counselling • Art therapy • Drug education 	<p>DUBLIN</p> <p>Tallaght Community Drug Team Tel: 01 4513894 First Floor, Glan Abbey Centre, Belgard Road, Dublin 24</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Assessment • Counselling • Advice
<p>DUBLIN</p> <p>The Lodge Tel.: 01 415 4807 Old County Health Centre, Old County Road, Crumlin, Dublin 12.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Methadone Maintenance • Detoxification and Stabilisation • Counselling • Outreach • Referral 	<p>FERMANAGH</p> 
<p>FERMANAGH</p> <p>Aisling Centre Tel.: 028 6632 5811 aislingcentre@btopenworld.com www.aislingcentre.com 37 Darling Street, Enniskillen, BT747DP.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Psychotherapy service • Drugs education and awareness programmes • Crèche • Alternative therapy treatments 	

Where to get help - Counties



SECTION FIVE -
WHERE TO GET HELP

<p>GALWAY</p> <p>Cuan Mhuire Tel.: 091 797102 Coolarne, Athenry, Co. Galway.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Aftercare • Counselling • Advisory Services • Treats alcohol, gambling, prescription drug addictions in adults 	<p>GALWAY</p> <p>HSE Addiction Counselling Service Tel: 090 9679571 Mental Health Centre, Mountbellew, Co. Galway.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient treatment • Aftercare • Counselling • Advisory Services • Employee Assistance Programme • Treats alcohol, gambling & prescription drug addiction in adults
<p>GALWAY</p> <p>HSE Addiction Counselling Service Tel.: 091 847556 Dochas Nua, Bride Street, Loughrea, Co Galway.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient treatment • Aftercare • Counselling • Advisory Services • Employee Assistance Programme • Treats alcohol, gambling & prescription drug addiction in adults 	<p>GALWAY</p> <p>HSE Addiction Counselling Service Tel.: 091 755883 Merlin Park Regional Hospital, Galway.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient treatment • Aftercare • Counselling • Advisory Services • Employee Assistance Programme • Treats alcohol, gambling & prescription drug addiction in adults
<p>GALWAY</p> <p>HSE Addiction Counselling Service Tel.: 093 24695 Day Hospital, 7 Dublin Road, Tuam, Co. Galway,</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient treatment • Aftercare • Counselling • Advisory Services • Employee Assistance Programme • Treats alcohol, gambling & prescription drug addiction in adults 	<p>GALWAY</p> <p>HSE Addiction Counselling Service Tel.: 090 9643107 East Galway Psychiatric Services, St Brigid's Hospital, Ballinasloe, Co. Galway,</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Aftercare • Counselling • Advisory Services • Employee Assistance Programme • Treats alcohol, drugs, smoking, gambling, prescription drug addictions in adults.
<p>GALWAY</p> <p>HSE Drugs Service Tel.: 091 561299 64 Dominick Street, Galway.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Advice • Information • Support • One to one drug counselling - all ages • Under 18 alcohol counselling • Education service for parents and community groups 	<p>GALWAY</p> <p>HSE Drugs Service Tel.: 095 21109 The Mall, Tuam, Co. Galway,</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Advice • Information • Support • One to one drug counselling-all ages • Under 18 alcohol counselling • Education service for parents and community groups

<p>KERRY</p> <p>Counselling and Advisory Services Tel.: 066 7123612 Edward Court, Edward Street, Tralee.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • One to one Counselling • Non-residential Treatment Programme • Concerned Persons Programme 	<p>KERRY</p> <p>Talbot Grove Treatment Centre Tel.: 066 7141511 Castleisland, Co. Kerry.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Aftercare • Counselling • Advisory Service • Employee Assistance Programme
<p>KILKENNY</p> 	<p>KILKENNY</p> <p>Aislinn Adolescent Addiction Centre Tel.: 056 8833777 Ballyragget, Co. Kilkenny.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Aftercare • Counselling • Group therapy • Family Support Programme • Treats Alcohol, Drugs, Gambling, Prescription Drug Addictions for people aged 15-21 years old.
<p>KILKENNY</p> <p>Carlow / Kilkenny Substance Misuse Team Tel.: 056 778 4638 Kickam Street, Kilkenny.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Drug Treatment • Methadone Prescription 	<p>KILKENNY</p> <p>HSE Community Addiction Service Tel.: 056 7763677 St. Luke's General Hospital, Kilkenny.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Extended Care • Counselling • Advisory Services • Treats alcohol, drugs & prescription drug addiction in teens and adults.
<p>KILKENNY</p> <p>HSE Drugs Helpline Tel.: 056 776 4638 Mon - Fri, 9am - 5pm</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • One to One Counselling • Onward Referral • Drug Education 	<p>KILKENNY</p> <p>Kilkenny City Drug Initiative Kilkenny Rural Drug Initiative Tel.: 056 7761200 Ossory Youth, Desert Hall, New Street, Kilkenny.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Information • Onward Referral • One to One or Group Support • Education • Community Involvement

<p>KILDARE</p> <p>Cuan Mhuire Tel.: 059 8631493 / 8631090 Milltown, Athy, Co. Kildare,</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Aftercare • Halfway House • Counselling • Advisory Services • Treats alcohol, drugs & prescription drug addiction in adults. 	<p>KILDARE</p> <p>HSE Drugs Helpline Freephone 1800 459 459 Mon - Fri, 10am-5pm.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Anonymous helpline • Support • Information • On-going referral. • Dealing with drugs, alcohol and sexual health.
<p>LAOIS</p> <p>▶</p>	<p>LAOIS</p> <p>HSE Community Alcohol & Drug Service Tel.: 057 8627828 1 Coolte Tce, Portlaoise, Co. Laois,</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient • Counselling • Advisory Services. • Drug/Alcohol treatment for adults
<p>LEITRIM</p> <p>▶</p>	<p>LEITRIM</p> <p>HSE Alcohol & Substance Counselling Services Tel.: 071 9621215 Summer Hill Lodge, Carrick-on-Shannon, Co. Leitrim,</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Community based • Counselling • Advice • Prevention and education services
<p>LEITRIM</p> <p>HSE Alcohol & Substance Counselling Services Tel.: 071 918 3002 Day Centre, The Rock, Ballymote, Co. Leitrim.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient • Aftercare • Counselling • Advice & information • Employee Assistance Programme • Treats alcohol, drugs & prescription drug addiction in teens and adults. 	

<p>LIMERICK</p> <p>Limerick County Community Drug Team Tel.: 069 61430 Carnegie Centre, Bishop Street, Newcastle West, Co. Limerick</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Advice • Outreach work • Education 	<p>LIMERICK</p> <p>Churchtown Day Hospital Tel.: 069 61799 Newcastle, Co. Limerick</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Aftercare • Counselling • Advisory Services • Treats alcohol, drugs, gambling and prescription drug addictions in adults.
<p>LIMERICK</p> <p>Cuan Mhuire Tel.: (063) 90555 Bruree, Co. Limerick</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Detox • 2-Year Aftercare Programme • Transition House • Treats alcohol, drugs, gambling and prescription drug addictions in adults. 	<p>LIMERICK</p> <p>HSE Health Promotion Drug & Alcohol Team Tel.: 061 318633 Sláinte Health Advice Centre, 57 O'Connell Street, Limerick.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient • Counselling • Advisory Services • Treats alcohol, drugs, gambling and prescription drug addictions from age 14 upwards.
<p>LIMERICK</p> <p>HSE Drugs Helpline Locall 1850 700 850 Mon - Fri, 2pm - 5pm</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Information and advice on drug and alcohol issues • One to one counselling • Referrals. 	<p>LIMERICK</p> <p>Kilmallock Day Hospital Tel.: 063 98668 Railway Road, Kilmallock, Co. Limerick.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Aftercare • Counselling • Advisory Services • Treats alcohol, drugs, gambling and prescription drug addictions in adults.
<p>LIMERICK</p> <p>St. Anne's Day Hospital Tel.: 061 315177 Roxboro Road, Limerick.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient • Aftercare • Counselling • Treats alcohol, drugs, gambling and prescription drug addictions in adults 	<p>LIMERICK</p> <p>Tevere Day Hospital Tel.: 061 452971 Shelbourne Road, Limerick.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient • Aftercare • Counselling • Treats alcohol, drugs, gambling and prescription drug addictions in adults.

<p>LONGFORD</p> <p>HSE Community Alcohol & Drugs Service Tel.: 043 50988 / 044 9341630 3 Leader House, Dublin Road, Longford,</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient • Aftercare • Counselling • Advisory Services • Treats alcohol, drugs, gambling and prescription drug addictions in adults. 	
<p>LOUTH</p> <p>HSE Alcohol Counselling Service Tel.: 041 6853264 St. Brigid's Hospital, Ardee, Co. Louth.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Aftercare • Counselling • Advisory Services • Employee Assistance Programme • Treats alcohol, drugs, eating disorders, prescription drug addictions in adolescents. 	<p>LOUTH</p> <p>Dundalk Counselling Centre Tel.: 042 9338333 "Oakdene", 3 Seatown Place, Dundalk, Co. Louth.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling, • Advisory Services. • Treats alcohol, drugs, gambling and prescription drug addictions in adults.
<p>LOUTH</p> <p>HSE Alcohol Service Tel.: 042 9326156 Ladywell Centre, Louth County Hospital, Dublin Road, Dundalk, Co. Louth.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Information • Specialist advice • Resources • Training • Counselling 	<p>LOUTH</p> <p>HSE North Louth Drug Outreach & Addiction Counselling Service Tel.: 042 935 7516 3 Chapel Street, Dundalk.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Assessment • Support • Withdrawal treatment • Counselling • Referral
<p>LOUTH</p> <p>HSE South Louth Drug Outreach & Addiction Counselling Service Tel.: 041 984 3531 11 Chord Road, Drogheda.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Assessment • Support • Withdrawal treatment • Counselling • Referral 	<p>LOUTH</p> <p>TURAS Counselling Services Tel.: 042 9338221/ 8224 turascounsellingservice@gmail.com 59 Clanbrassil Street, Dundalk, Co Louth.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Aftercare for recovering drug users over 16 years



MAYO

HSE Addiction Counselling Service
Tel.: 096 20300
Ballina Community Mental Health Centre, Mercy Road, Ballina, Co. Mayo.

- Services Provided:
- Outpatient • Aftercare
 - Counselling • Advisory Service
 - Treats alcohol, gambling and prescription drug addictions in adults.

MAYO

Hope House
Tel.: 094 9256888
Foxford, Co. Mayo.
hopehouse@eircom.net
www.hopehouseireland.com

- Services Provided:
- Inpatient • Outpatient • Aftercare • Counselling
 - Advisory Services • Employee Assistance Programme • Treats alcohol, gambling and prescription drug addictions in adults.

MAYO

HSE Drugs Service
Tel.: 094 9020430
The Arcade, Main Street, Castlebar, Co. Mayo.

- Services Provided:
- Advice • Information
 - Support • Drugs Counselling for all ages
 - Alcohol counselling for teens
 - Education for parents and community groups

MAYO

HSE Addiction Counselling Service
Tel.: 094 9021733
St. Mary's Hospital, Castlebar, Co. Mayo.

- Services Provided:
- Inpatient • Outpatient
 - Aftercare • Counselling • Advisory Services
 - Treats alcohol, gambling and prescription drug addictions in adults.

MAYO

HSE Addiction Counselling Service
Tel.: 094 9541615
Ballinrobe Day Centre, Ballinrobe, Co. Mayo.

- Services Provided:
- Outpatient • Aftercare
 - Counselling • Advisory Service
 - Treats alcohol, gambling and prescription drug addictions in adults.

MAYO

HSE Drugs Service
Tel.: 096 60060
Neighbourhood Youth Service, Pearse Street, Ballina, Co. Mayo.


- Services Provided:
- Information • Advice • Support
 - Drugs counselling for adults/teens
 - Alcohol counselling for under 18 's
 - Education for parents and community groups

MAYO

HSE Addiction Counselling Service
Tel.: 094 52715
Swinford Treatment Centre, The Lodge, Dublin Road, Swinford, Co. Mayo.

- Services Provided:
- Inpatient • Outpatient • Aftercare • Counselling
 - Advisory Service • Treats alcohol, drugs, gambling and prescription drug addictions in adults.


<p>MEATH</p> 	<p>MEATH</p> <p>Aisling Group Tel.: 046 9074300 Bradán House, Navan, Co. Meath.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Drug and alcohol awareness/education • Community Group development • Safe passage programme • Support • Early intervention programmes.
<p>MEATH</p> <p>HSE Alcohol Service Tel.: 046 9071648 Clonard House, Market Square, Navan, Co. Meath.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Information • Specialist advice • Resources • Training • Counselling. 	<p>MEATH</p> <p>HSE Alcohol Service Tel.: 046 9076400 Health Promotion Unit, N.E.H.B., Railway Street, Navan, Co. Meath.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Assessment • Support • Withdrawal treatment • Counselling • Referral
<p>MEATH</p> <p>Pillar Family Support Group Tel.: 086 8404395 7 Abbey View, Slane, Co. Meath.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Support meetings for friends and family of drug and alcohol users. 	<p>MEATH</p> <p>St. James Camino Network Tel.: 046 9549241 Meadowbrook, Cloncurry Cross, Enfield, Co. Meath.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Holistic approach to rehabilitation and education • Group therapy • Individual counselling • Family support • Relapse prevention • Accommodation support.
<p>MEATH</p> <p>South Meath Alcohol & Substance Misuse response smasmr@community.meath.ie Tel.: 046 9437245 (Mon-Fri, 9.30-1.00pm) T.I.D.E, Riverbank, Trim, Co. Meath.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Awareness • Education • Support • Counselling 	<p>MEATH</p> <p>Tabor House Tel.: (046) 9077909 Trim Road, Navan, Co. Meath.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient treatment • 12 step meetings • Lectures • Group therapy • Counselling

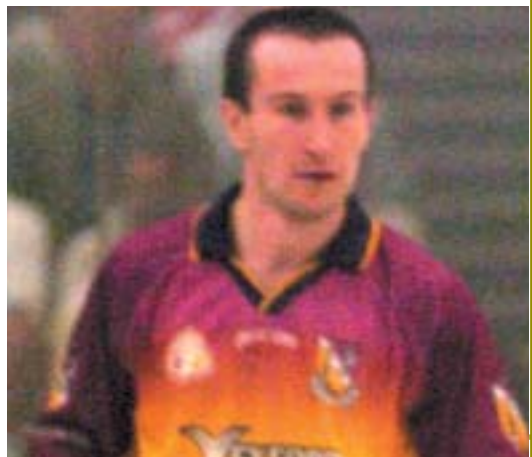
<p>MONAGHAN</p> <p>Addiction Resource Centre Tel.: 047 72100 Room 23, First Floor, Local Health Centre Unit, Rooskey, Monaghan.</p> <p>Services Provided: • Outpatient • Aftercare • Counselling • Advisory Services • Employee Assistance Programme • Treats alcohol, drugs, gambling and prescription drug addictions in adults and teens.</p>	<p>MONAGHAN</p> <p>Cavan/Monaghan Drug Awareness Tel.: 042 966 6983 Thomas Street, Ballieborough, Co. Cavan.</p> <p>Services Provided: • Addiction Counselling • Family Support • Education/Awareness Programmes • Auricular Acupuncture • Provision of literature • Treats alcohol, drugs, gambling and prescription drug addictions.</p>
<p>MONAGHAN</p> <p>St Davnet's Hospital Services Tel.: 047 77400 St Davnet's Hospital, Monaghan.</p> <p>Services Provided: • Inpatient • Outpatient • Extended Care • Counselling • Advisory Services • Treats alcohol, drugs, gambling and prescription drug addictions in adults.</p>	<p>OFFALY</p> <p>HSE Community Alcohol & Drug Service Tel.: 057 8627828 1 Coolte Tce, Portlaoise, Co. Laois.</p> <p>Services Provided: • Outpatient • Counselling • Advisory Services • Drug/Alcohol treatment for adults.</p>
<p>ROSCOMMON</p> 	<p>ROSCOMMON</p> <p>HSE Drugs Service Tel.: 090 6625395 Roscommon Youth Information Service, Castle Street, Roscommon.</p> <p>Services Provided: • Advice • Information • Support • Drugs counselling for all ages • Alcohol counselling for teens • Education for parents and community groups</p>
<p>ROSCOMMON</p> <p>HSE Drugs Service Tel.: 071 9664801 Neighbourhood Youth Project, St. Josephs Resource Centre, Abyeytown, Boyle.</p> <p>Services Provided: • Advice • Information • Support • Drug counselling for all ages • Alcohol counselling for under 18's • Education service for parents and community groups</p>	<p>ROSCOMMON</p> <p>HSE Addiction Counselling Services Tel.: 090 6626477 The Lodge, Co. Hospital, Roscommon.</p> <p>Services Provided: • Outpatient • Aftercare • Counselling • Advisory Services • Treats alcohol, drugs, gambling and prescription drug addictions in adults.</p>

SECTION FIVE -
WHERE TO GET HELP

<p>SLIGO</p> <p>HSE Alcohol and Substance Counselling Service Tel.: 071 918 5966 Tubbercurry Health Centre.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Advice • Prevention • Education 	<p>SLIGO</p> <p>HSE Alcohol and Substance Counselling Service Tel.: 071 9183002 (Monday/Tuesday/Friday 2pm – 5pm) (Wednesday 9am – 5pm) Day Centre, The Rock, Ballymote.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Advice • Prevention • Education
<p>SLIGO</p> <p>HSE Alcohol and Substance Misuse Counselling Service Tel.: 071 9149100 (9am –5pm Mon – Fri) Charter House, Old Market Street, Sligo.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • One to one Counselling • Advice • Prevention • Education • Assessment • Relapse Prevention 	<p>TIPPERARY</p> <p>Aiséirí Tel.: 052 41166 Townpark, Cahir, Co. Tipperary. www.aiseiri.ie</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Counselling • Aftercare • Advisory Services • Employee Assistance Programme • Treats alcohol, drugs, gambling and prescription drugs addictions in adults
<p>TIPPERARY</p> <p>HSE South Tipperary Alcohol & Addiction Service Tel.: 052 23015 Coolgreaney House, Queen Street, Clonmel, Co. Tipperary.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient • Aftercare • Counselling • Advisory Services • Employee Assistance Programme • Treats alcohol, drugs, gambling and prescription drugs addictions in adults 	<p>TIPPERARY</p> <p>North Tipperary Drug and Alcohol Service Tel.: 067 42220 / 422221 ntdas@eircom.net 94a Silver Street, Nenagh, Co. Tipperary.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Advice • Outreach work
<p>TIPPERARY</p> <p>North Tipperary Mental Health Services Tel.: 067 46811 ntdas@eircom.net Dromin House, 2 Dromin Road, Nenagh, Co. Tipperary.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Assessment • Detoxification • Advice 	<p>TIPPERARY</p> <p>Substance Misuse Department Tel.: 052 77900 11-12 Peter Street, Clonmel. (Mon - Fri, 9am - 5pm)</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Drug Education

<p>TIPPERARY</p> <p>Thurles Addiction Counselling Service Tel.: 0504 23828 St. Mary's Health Centre, Upper Parnell Street, Thurles, Co. Tipperary.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Assessment • Detoxification • Advice 	<p>TYRONE</p> <p>Addiction Treatment Unit Tel.: 028 8283 5443 (alcohol) Tel.: 028 8283 5203 (drugs) 1 Donaghanie Road, Omagh, BT79 0NS.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Six-week residential programme • Group therapy • Information • Counselling in Tyrone and Fermanagh.
<p>TYRONE</p> <p>Ego Project Tel.: 028 8225 9333 12b Foundry Lane, Omagh, BT78 1ED. info@egoomagh.org www.egoomagh.org</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Drug & Alcohol Information • Peer leadership 	<p>WATERFORD</p> <p>Aiséirí Tel.: 051 853 974 aiseiri@eircom.net Waterford</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Counselling • Aftercare • Advisory Services • Employee Assistance Programme • Treats Alcohol, Drugs, Gambling, Prescription Drugs Addictions in Adults.
<p>WATERFORD</p> <p>HSE Substance Misuse Team Tel.: 051 301 201 (Mon - Fri, 9am - 5pm) 10A Waterside, Waterford.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling for adults and adolescents • Drug education and awareness • Drug prevention projects 	<p>WATERFORD</p> <p>HSE South East Regional Drug Service Tel.: 051 373333 drughelpline@eircom.net 52 Upper Yellow Road, Waterford</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Advisory Services • Treats alcohol, drugs, gambling and prescription drug addictions in adults
<p>WATERFORD</p> <p>E.A.P. Institute Tel.: 051 855733 eapinstitute@eircom.net 143 Barrack Street, Waterford.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Employee Assistance Programme • Advisory Service 	<p>WATERFORD</p> <p>A.C.C.E.P.T. Addiction Treatment Services Tel.: 051 842790 Brook House, Cork Road, Waterford.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Aftercare • Counselling • Advisory Services • Treats alcohol, drugs, gambling and prescription drugs addictions in adults

<p>WESTMEATH</p> 	<p>WESTMEATH</p> <p>HSE Community Alcohol & Drug Service Tel.: 090 475301 Rea Nua, St. Vincent's Hospital, Athlone, Co. Westmeath.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient • Aftercare • Counselling • Advisory Services • Treats alcohol, drugs, gambling and prescription drug addictions in adults.
<p>WESTMEATH</p> <p>HSE Community Alcohol & Drug Service Tel.: 044 9341630 Bishopsgate Street, Mullingar, Co. Westmeath.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient • Counselling • Advisory Services • Treats alcohol, drugs, gambling and prescription drug addictions in adults. 	<p>WESTMEATH</p> <p>St. Loman's Hospital Tel.: 044 40191 Mullingar, Co. Westmeath.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Aftercare • Counselling, • Advisory Services. • Treats alcohol, drugs, gambling and prescription drugs addictions in adults
<p>WEXFORD</p> <p>Aiséiri Tel.: 053 23994 aiseiriwexford@eircom.net Roxborough, Wexford.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Aftercare • Counselling • Advisory Services • Treats alcohol, drugs, gambling and prescription drug addictions in adults. 	<p>WEXFORD</p> <p>Cornmarket Project Tel.: 053 23994 9 Mallin Street, Wexford.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Personal and Family Counselling • Core Skills Development • Personal and Social Development • Work Experience • Job Search assistance
<p>WEXFORD</p> <p>HSE Counselling Service Tel.: 053 9233110 aiseiriwexford@eircom.net St. Senan's Hospital, Enniscorthy, Co. Wexford.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Aftercare • Counselling • Advisory Services • Employee Assistance Programme • Treats alcohol, drugs, gambling and prescription drugs addictions in adults 	<p>WEXFORD</p> <p>HSE Wexford Substance Misuse Service Tel: 051 426000 Park House, New Ross, Co. Wexford.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Family therapy • Education

<p>WICKLOW</p> <p>Arklow Community Addiction Team Tel.: 0402 33577 9a Upper Mount Street, Arklow, Co.Wicklow.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient • Aftercare • Counselling • Advisory Service. 	<p>WICKLOW</p> <p>Bray Community Addiction Team Tel.: 01 2764692 brayaddictionteam@eircom.net 37 Beechwood Close, Boghall Road, Bray, Co. Wicklow.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Referral
<p>WICKLOW</p> <p>Forest Tel.: 01 2015863 info@forest.ie www.forest.ie Glendalough, County Wicklow.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Residential Treatment • Counselling • Family Therapy • Yoga 	<p>WICKLOW</p> <p>Killarney Road Clinic Tel.: 01 276 2918 Killarney Road, Bray, Co. Wicklow.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Addiction Services • Counselling referral • Outreach • Needle exchange
	<p>WICKLOW</p> <p>Wicklow Child & Family Project Tel.: 0404 64725 The Mall, Co Wicklow. wcandfp@indigo.ie</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Family counselling • One-to-one counselling • Drop-in • Support • Information • Advocacy



Regional and Local Drug Task Forces - Republic of Ireland

The role of the Drug Task Forces is to co-ordinate the overall development of drug services in their area. They are very useful to contact for up-to-date information on services in these areas.

<p>Ballyfermot Local Drug Task Force Tel.: 01 620 6488 c/o Addiction Services, Bridge Hse, Cherry Orchard Hospital Ballyfermot, D10.</p>	<p>East Coast Regional Drug Task Force (Dun Laoghaire Rathdown and Wicklow). Tel.: 0404 20014 siobhan.turner@maild.hse.ie Block B, Civic Centre, Main St., Bray, Co. Wicklow.</p>
<p>Ballymun Local Drug Task Force Tel.: 01 8832142 ballymundrugstf@axis-ballymun.ie Axis Centre, Main Street, Ballymun, D9.</p>	<p>Finglas / Cabra Local Drug Task Force Tel.: 01 830 7440 john.bennett@fcp.ie Tolka Clinic, 121 Broombridge Close, Ballybogging Road, D11.</p>
<p>Blanchardstown Local Drug Task Force Tel.: 01 8604845 bldts@mailc.hse.ie 22 (a) Main Street, Blanchardstown, D15.</p>	<p>Midland Regional Drugs Task Force Tel.: 0506 57800 HSE, Unit 4, Central Bus. Park, Clonminch, Tullaghmore, Co. Offaly.</p>
<p>Bray Local Drug Task Force Tel.: 01 276 2975 niamhmcaldinden@eircom.net Unit 2, First Floor, 24 Florence Road, Bray, Co. Wicklow.</p>	<p>Mid Western Regional Drugs Task Force (Clare, Limerick and Tipperary North). Tel.: 061 409275 midwestrdtf@eircom.net Slainte, 57 O'Connell Street, Limerick.</p>
<p>Canal Communities Local Drug Task Force Tel.: 01 6206413 c/o Addiction Services, Bridge House, Cherry Orchard Hospital, Ballyfermot, D10.</p>	<p>North Eastern Regional Drugs Task Force (East Cavan, Louth, Meath and Monaghan). Tel.: 046 9076400 C/O H.S.E. Dublin North East, Health Promotion Department, Railway Street, Navan.</p>
<p>Clondalkin Local Drug Task Force Tel.: 01 4579445 cdts1@indigo.ie Unit 5, Oakfield Industrial Estate, Clondalkin, D22.</p>	<p>North Inner City Local Drugs Task Force Tel.: 01 8366592 22 Lower Buckingham St., D1.</p>
<p>Dublin 12 Local Drug Task Force Tel.: 01 6206422 c/o Addiction Services, Bridge House, Cherry Orchard Hospital Ballyfermot, D10.</p>	<p>North Western Regional Drugs Task Force Tel.: 071 9852000 drugtaskforce@mailb.hse.ie Saimer Court, Main Street, Ballyshannon, Co. Donegal.</p>
<p>Dublin North Regional Drug Task Force (North Dublin City and Fingal) Tel.: 01 8135582 Mob.: 087 0509209 Estuary House, Estuary Business Park, Swords, Co. Dublin.</p>	<p>South Eastern Regional Drugs Task Force (Carlow, Kilkenny, Tipperary South, Waterford and Wexford) Drug Co-ordination Unit, 1st Floor, Beech Hse, Cove Roundabout, Dunmore Rd., Waterford. Tel.: 051 846720. maria.fox@maila.hse.ie</p>
<p>Dublin North East Local Drugs Task Force Tel.: 01 8465070 tomobriendnedtaskforce@eircom.net Le Chéile, Collins Avenue East, Donnycarney, D5.</p>	<p>Southern Regional Drugs Task Force (Cork and Kerry) Tel.: 021 4923135 chris.black@mailp.hse.ie Willie.collins@mailp.hse.ie Community Services Officers, St. Finbars Hospital, Douglas Rd., Cork.</p>
<p>Dublin South Inner City Local Drug Task Force (South Dublin City, South Dublin, Kildare and West Wicklow) Tel.: 01 6206438 Bridge House, Cherry Orchard, Dublin 10.</p>	<p>Tallaght Local Drug Task Force Tel.: 01 6206414 c/o Addiction Services, Bridge House, Cherry Orchard Hospital, Ballyfermot, D10.</p>
<p>Dun Laoghaire / Rathdown Local Drug Task Force Tel.: 01 280 3335 Centenary House, 35 York Road, Dun Laoghaire, Co. Dublin.</p>	<p>Western Regional Drugs Task Force (Galway, Mayo and Roscommon) Tel.: (091) 561299 64 Dominic Street, Galway.</p>

Drug and Alcohol Co-ordination Teams - Northern Ireland

The role of the Alcohol & Drug Co-ordination Teams is to co-ordinate the development of strategy and services delivered by drug and alcohol agencies in Northern Ireland. They provide very useful information on the drug and alcohol related issues in their areas.

Eastern Alcohol and Drugs Coordination Team Tel.: 028 9043 4248 info@edact.org www.edact.org 1 Cromac Quay, Belfast, BT7 7JD.	Southern Alcohol and Drugs Coordination Team Tel.: 028 4066 0926 30a Ardery's Lane, Newry Road, Banbridge, BT32 3RE
Northern Alcohol and Drugs Coordination Team Tel.: 028 2531 1111 ndact@nhssb.n-i.nhs.uk County Hall, 182 Galgorm Road, Ballymena, BT42 1QB	Western Alcohol and Drugs Coordination Team Tel.: 028 8225 3950 Anderson House, 2nd Floor, Market Street, Omagh, BT78 1EE

Health Promotion Offices in Rep of Ireland

Health Promotion Departments are valuable sources of leaflets and other printed information about drugs and alcohol. The staff have expertise in developing drug and alcohol policies and will be able to advise on drug and alcohol education and prevention issues.

HSE Dublin Mid Leinster Tel.: 0506 57800 Health Promotion Department, Unit 4, Central Business Park, Clonminch, Portlaoise Road, Tullamore, Co. Offaly.	HSE Southern Area Tel.: 056 7761400 Health Promotion Department, Dean Street, Kilkenny.
HSE Dublin North Eastern Area Tel.: 046 76400 Health Promotion Department, Railway Street, Navan, Co. Meath.	HSE Southern Area Tel: 021 4921641 Health Promotion Department, Eye, Ear and Throat Hospital, Western Road, Cork.
HSE Dublin Mid Leinster Tel.: 01 2014296 Health Promotion Department, Block Civic Centre, Main Street, Bray, Co. Wicklow.	HSE Mid Western Area Tel: 061 483257 Health Promotion Department, Parkview House, Pery Street, Limerick.
HSE Dublin Mid Leinster Tel.: 01 4632800 Health Promotion Department, 3rd Floor, 52 Broomhill Road, Tallaght, Dublin 24.	HSE Western Area Tel.: 071 9820461 Health Promotion Department, Manorhamilton, Co. Leitrim.
HSE Dublin North Eastern Area Tel.: 01 8823415 Health Promotion Department, 3rd Floor, Park House, North Circular Road, Dublin 7.	HSE Western Area Tel: 091 548320 Health Promotion Department, The Annex, 1st Floor West City Centre, Seamus Quirke Road, Galway.

Health Promotion Offices in Northern Ireland

Eastern Health and Social Services Board area Tel.: 028 9032 1313. Eastern Area Health Promotion, Communication, Resource and Information Service (CRIS), Champion House, 12-22 Linenhall St., Belfast, BT2 8BS	Northern Health and Social Services Board area Tel.: 028 2563 5575 health.promotion@homefirst.n-i.nhs.uk Health Promotion Service, Homefirst Community Trust, Spruce House, Cushendall Road, Ballymena, BT43 6HL.
Western Health and Social Services Board area Tel.: 028 7186 5221 Health Promotion Department, Westcare Business Services Resources and Graphic Centre, The Hub, 12c Gransha Park, Derry, BT47 6WJ .	Southern Health and Social Services Board area Tel: 028 3741 2424 Southern Area Health Promotion Department, Healthcare Directorate Department, Admin Building, St. Luke's Hospital, Loughgall Road, Armagh, BT61 7NQ .



PHOTOCOPIABLE REPORT FORM FOR RECORDING
ALCOHOL AND DRUG RELATED INCIDENTS



Club name _____

Club Secretary _____ ASAP Officer: _____

Date and time of incident: _____

What happened?

(Include only the facts. What was seen? What was said? Who was involved?)

Who has been informed?

What action has been taken?

Signed

_____ Date _____

Club Secretary

_____ Date _____

ASAP Officer

This manual is designed to be a resource for people at all levels of the Association who want to know how to respond to alcohol and drug related problems that may occur at club or county level throughout the island of Ireland.



 Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive