

## TREATMENT MENU

### A GUIDE TO DRUG AND ALCOHOL SERVICES IN HAMMERSMITH & FULHAM

If you require any part of this document produced in large print or Braille, please call 020 8746 0303

This guide to drug and alcohol services in Hammersmith & Fulham has been produced by the Tri-borough substance misuse and offender health commissioning service.

## WE ARE HERE TO HELP

Whether you wish to discuss a particular issue around your drug or alcohol use or trying to help someone else, knowing where to get advice, information or treatment can be a bit daunting.

Our integrated drug and alcohol services provide support and advice for Hammersmith & Fulham residents affected by drugs or alcohol.

## OVERDOSE EMERGENCY - WHAT TO DO

Death from a drug overdose can be prevented if certain steps are taken. For example, death from overdose will occur some three hours after heroin is injected. This means that there could be time to save life.

### ACTION

1. Check for signs of life: call the person's name, give them a pinch
2. If there is no response, check breathing and pulse
3. Clear airways (mouth and nose)
4. If unconscious, place person in the recovery position
5. Telephone 999
6. Stay with the person

## USEFUL CONTACTS

### Alcoholics anonymous

Helpline 0845 769 7555  
alcoholics-anonymous.org.uk

### Cocaine anonymous

Helpline 0800 612 0225  
cauk.org.uk

### Frank

Helpline 0800 77 66 00  
talktofrank.com

### Narcotics anonymous

Helpline 0300 999 1212  
ukna.org

### National domestic violence helpline

Helpline 0808 200 0247  
nationaldomesticviolencehelpline.org.uk

### Release

Helpline 0845 450 0215  
release.org.uk

### Samaritans

Helpline 08457 90 90 90

### Shelterline

Helpline 0808 800 4444  
shelter.org.uk

## TREATMENT AND RECOVERY CENTRES

### Oasis

103a Devonport Road, W12 8PB  
☎ 020 8746 0303

Advice and support for substance misuse issues for anyone aged 18+ - includes one to one keyworking, group programme, specialist needle exchange, Hepatitis clinic, ear acupuncture and support for anyone affected by a family member's use, assessment and onward referrals.

### CASS

Crowther Market  
282 North End Road, SW6 1NH  
☎ 020 7381 0436

Advice and support for alcohol issues for anyone aged 18+ - includes one to one keyworking, group programmes, ear acupuncture, support for anyone affected by a family member's alcohol use, assessment and onward referrals.

### CDAS

Crowther Market  
282 North End Road, SW6 1NH  
☎ 020 7381 7766

Advice and support for heroin users requiring substitute prescribing or detox/rehab and for alcohol users requiring detox/rehab.

### Older People's Alcohol Service

Crowther Market  
282 North End Road, SW6 1NH  
☎ 020 7381 0436

Advice and support for anyone aged 50+ regarding their alcohol use and for anyone affected by the alcohol use of a family member aged 50+.

## Community rehab

### Club Drug Clinic

CAPS, 69 Warwick Road  
Earls Court, SW5 9HB  
☎ 020 3315 6111

Provides advice, treatment for users of club drugs and legal highs.

clubdrugclinic@nhs.net  
clubdrugclinic.com

### Groupwork Programme

61 Munster Road, Fulham, SW6 5RE  
☎ 020 7384 3650

The Groupwork Programme is based at the Recovery Centre and provides a staged approach 'steps to recovery', with the first two stages being delivered in local drug and alcohol services.

### Invisible Elephant

Invisible Elephant is a peer led resource containing information, advice and support.

<http://invisibleelephant.co.uk/>

### Drink and Drugs Meter

Compare your drink or drug intake to thousands of people around the world. Find out the health impacts of your habits and get tips on cutting back.

drinksmeter.com



drugsmeter.com



See over page for location map

# NEEDLE EXCHANGES - PHARMACIES

**Boots the Chemist**  
322 North End Road, West Kensington SW6 1NS  
Tel: 020 7386 8823

**Fontain Pharmacy**  
290 Munster Road, Fulham SW6 6BQ  
Tel: 020 7385 0355

**Superdrug Pharmacy**  
92-94 Uxbridge Road, Shepherd's Bush, W12 8LR

**Healthside Ltd Pharmacy**  
90 Shepherd's Bush Road, W6 7PD  
Tel: 020 7603 2763

**Forrest Pharmacy**  
67 Blythe Road, W14 0HP  
Tel: 020 7603 2493

**Windwood Pharmacy**  
96 Askew Road, Shepherd's Bush, W12 9BL  
Tel: 020 8743 3562

**Greenlight Pharmacy**  
228 Uxbridge Road, Shepherds Bush, W12 7JD  
Tel: 020 8743 1320

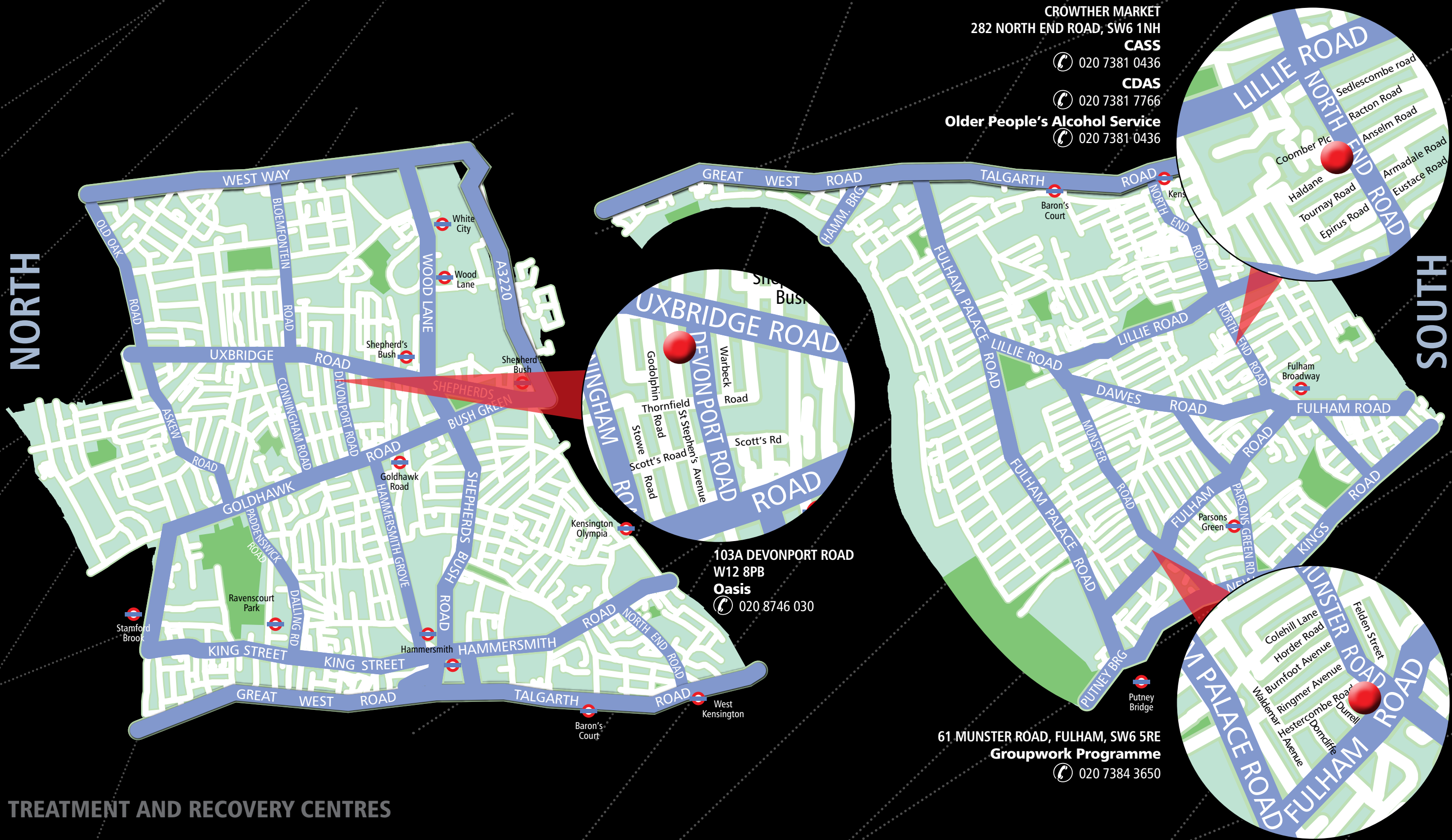
**Fulham Pharmacy**  
608 Fulham Road, SW6 5RP  
Tel: 020 7736 4126

**Faro Dispensing Chemist**  
16 Swanscombe Road, Holland Park, W11 4SX  
Tel: 020 7603 9226

**Palace Pharmacy**  
331 Fulham Palace Road, SW6 6TE  
Tel/fax: 020 7736 3034

**Boots the Chemist**  
31 Broadway Shopping Centre, Hammersmith W6 9YD  
Tel: 020 8563 7873

Specialist needle exchange available from:  
**Oasis**  
The Old Coach House, 103a Devonport Road  
Shepherd's Bush, W12 8PB  
Tel: 020 8749 6799



# TREATMENT AND RECOVERY CENTRES