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## Hertfordshire's Adult Drug and Alcohol Service Provider Booklet

June 2017



## The Online Rehab

[www.theonlinerehab.com](http://www.theonlinerehab.com)

Tel: 0330 088 9268



The Online Rehab is a web-enabled addiction therapy available 7 days a week, offering a fully comprehensive recovery programme from the comfort of your home.

As long as you have access to the internet and some privacy you can participate in sessions anywhere. Therapy is conducted in your normal everyday environment.

## Viewpoint

[www.hertsviepoint.co.uk](http://www.hertsviepoint.co.uk)

Tel: 01707 386 136



Viewpoint is a user involvement charity in Hertfordshire for people with mental health or drug and alcohol problems.

We hold local forums and meetings to take your views and suggestions to local providers. These meetings take place regularly, in locations across Hertfordshire and give you a chance to meet with other people with similar experiences so that you can discuss your views and ideas, supported by a project worker or service user representative. We can help with travel costs to enable you to attend.

## Adfam

[www.adfam.org.uk](http://www.adfam.org.uk)

Tel: 020 3817 9410

Email: [admin@adfam.org.uk](mailto:admin@adfam.org.uk)



Information and support for the families of drug and alcohol users. Adfam provides a place where families can take the first step and find information about where to get the expert support and advice they need.

## Breaking Free Online

[www.breakingfreeonline.com](http://www.breakingfreeonline.com)



An online treatment and recovery programme for substance misuse; allows people to resolve the psychological and lifestyle issues that drive their use of alcohol, and so conquer their dependence once and for all. It contains evidence-based intervention strategies and downloadable resources that will continue to support their recovery far beyond the 3-month treatment period.

## Bereaved through Alcohol And Drugs - BEAD

[www.beadproject.org.uk](http://www.beadproject.org.uk)

Email: [info@bead-project.org.uk](mailto:info@bead-project.org.uk)



A source of information and support for anyone bereaved through drug or alcohol use. This site has been set up by [Cruse Bereavement Care](#), the UK's leading bereavement charity, and [Adfam](#), the national voice for families affected by drugs and alcohol.

## The Living Room

[www.thelivingroom.me.uk](http://www.thelivingroom.me.uk)

Tel: 01438 355 649 (Stevenage)

Tel: 01727 854 479 (ST Albans)

Email: [enquiries@thelivingroom.me.uk](mailto:enquiries@thelivingroom.me.uk)

Twitter: @livingroomherts



The Living Room Hertfordshire is an award-winning, free, abstinence-based treatment service (running Monday to Friday) for adults (18+) suffering from any kind of addiction, including behavioural addiction (e.g. anorexia, bulimia, compulsive over-eating, obsessive compulsive behaviours, self-harm, gambling, and internet/gaming, shopping/spending, relationship, love and sex addiction), or the impact of a loved one's addiction. To ensure that parents can access treatment, we run a free Ofsted registered onsite crèche (Stevenage centre).

We do not operate a waiting list and assessment is provided within three working days. All treatment is offered for as long as required and provided by trained counsellors who have achieved long-term abstinence from addiction themselves. Each client is allocated a keyworker who will work with them to devise a programme of attendance which meets their needs.

### **Stevenage treatment centre:**

The Living Room, 8-10 The Glebe, Chells Way, Stevenage, SG2 0DJ

### **South St Albans treatment centre:**

The Living Room, Rear of 156 Hatfield Road, St Albans, AL1 4JA

## Carers in Hertfordshire

[www.carersinherts.org.uk](http://www.carersinherts.org.uk)

Tel: 01992 586 969



Carers in Hertfordshire is a carer's organization. We support any carer living or working in Hertfordshire. We can help carers by providing information and support, encouraging and enabling carers to take care of themselves and by providing a platform for and training to carers who want to have their say about decisions that affect them and the person they care for. We also work with young carers and their families to help them access the right level of support, at the right time, to reduce inappropriate caring roles.

## The Icarus Trust

[www.icarustrust.co.uk](http://www.icarustrust.co.uk)



The Icarus Trust team focuses on providing support for families of addicts. We are available to any member of the family, including the addict themselves, through a network of Family Friends who are trained to provide personal support.

In addition, we have access to a team of professionals across the UK who can provide specialist help to suit individual needs at every stage of the recovery process.

## Change Grow Live (CGL, Spectrum)

[www.changegrowlive.org](http://www.changegrowlive.org)

Tel: 0800 652 3169 (24 hour helpline)

Email: [herts@cgl.org.uk](mailto:herts@cgl.org.uk)

Twitter: @SPECTRUMCGL

Facebook: [facebook.com/changegrowlive](https://facebook.com/changegrowlive)



Spectrum is a free and confidential drug and alcohol recovery service that currently provides psychosocial and clinical services to anyone over the age of 18 who lives in Hertfordshire. We help Service Users to make and sustain the changes they need to make to reduce and, ultimately, stop their drug and/or alcohol use. We aim to empower Service Users to identify and realise their goals throughout their recovery journey, in order to live a healthier, safer life.

We have 4 core locations in Hatfield, Watford, Stevenage and Hertford. We also have satellite services in St Albans, Hemel Hempstead, Letchworth, Borehamwood and Waltham Cross but attendance is by appointment only.

### **The following services are available to patients at all our core hubs:**

- Alcohol screening, advice and brief interventions
- Needle Exchange
- Counselling and Cognitive Behavioural Therapy
- One-to-one key working
- Access to detoxification (alcohol and drugs)
- Family and carers groups and support

## Supporting Herts



[www.wdp.org.uk/find-us/hertfordshire/supporting-herts](http://www.wdp.org.uk/find-us/hertfordshire/supporting-herts)

Tel: 01992 535364

Email: [referrals@supportingherts.org](mailto:referrals@supportingherts.org)

We support service users to prevent homelessness by helping to achieve stable housing and aid recovery from drug and/or alcohol dependency. Our service covers the whole of Hertfordshire and our team works from two hubs:

- East Hertfordshire: East Herts, Welwyn Hatfield, Broxbourne, North Herts and Stevenage
- West Hertfordshire: St Albans, Dacorum, Watford, Three Rivers and Hertsmere

The aim of the service is to support recovery and independence, prevent homelessness, and help people achieve stable housing, as well as develop or sustain an individual's capacity to live independently in accommodation.

We provide 12 recovery beds with shared facilities the premises are based in Hertford and Hemel Hempstead for those in stable recovery who are leaving prison, detox or rehab and are also homeless. The aim of this service is to provide a short stay in a stable and structured environment.

We also have in place a Private Rented Scheme (PRS) scheme. Our PRS scheme aims to find private landlords who are able to let their properties to Supporting Herts service users who would otherwise be homeless. In this scheme, we provide support both to the landlord and tenant. Service users in this scheme also receive regular support from our floating support workers.

## Drinkaware

[www.drinkaware.co.uk](http://www.drinkaware.co.uk)

Tel: 02077 669 900

Drinkaware is an independent charity working to reduce alcohol misuse and harm in the UK. We're here to help people make better choices about drinking. Website provides useful information on alcohol poisoning, the effects of alcohol on mental health, and how to be a role model for your children.

## DrugLink

[www.druglink.co.uk](http://www.druglink.co.uk)

Tel: 01923 260 733



Our charity helps support people affected by addictions. We deliver an extensive range of treatments meeting the need of the local community. We offer counselling, advice, information and support to people experiencing substance related problems.

## Family Lives

[www.familylives.org.uk](http://www.familylives.org.uk)

Tel: 0808 800 2222



Through our confidential and free helpline service, we support families by providing professional, non-judgemental support and advice; helping parents and families deal with changes that are a constant part of family life, such as bullying, troubled families, obesity, and much more.

## Sober Grid

[www.sobergrid.com](http://www.sobergrid.com)



Free iOS/Android app that provides direct access to a global sober community and provides a variety of means by which sober people can access and engage with a strong social network at anytime and anywhere they may be.

Find, connect and share with other sober people; you are instantly connected to a global sober community in your neighbourhood and around the globe. You can build strong and sober support networks and inspire others.

## Future Living Hertford



[www.futurelivinghertford.co.uk](http://www.futurelivinghertford.co.uk)

**Tel: 01992 537 344**

**Email: [info@futurelivinghertford.co.uk](mailto:info@futurelivinghertford.co.uk)**

An independently registered charity and addiction day care centre in Hertford, filling the gap as a long term recovery service for clients with the illness of addiction; staffed by trained therapists, counsellors, psychologists, nutritionists and a qualified nurse. Together we offer a complete approach to recovery in a safe and non-judgemental environment. Our service is abstinence based; we have no facilities for detoxification.

Future Living is now based at Vale House in Hertford. It is self-referring, free to access and not time limited, open from Monday to Friday 9 – 5 pm. Standard referral forms are available for other service providers should they wish to use them. Please use the contact form on our website.

## Happify

[www.happify.com](http://www.happify.com)



Overcome stress and negative thoughts. Build resilience. Happify is the single destination for effective, evidence based solutions for better emotional health and well-being in the 21<sup>st</sup> century.

## Resolve

[www.resolve-online.org](http://www.resolve-online.org)

Tel: 01707 690 739



Resolve is a free to access, adult, structured drugs and alcohol addiction day service providing a range of services for people with substance misuse issues and their families.

Resolve is an abstinence based service that works with people from all backgrounds in reaching abstinence from all substances through our structured programme in conjunction with One-to-one Counselling, Key Worker Support and Complementary therapies.

Our services are as follows:

- **Hitchin, Westmill Community Centre** 10:00am to 4:00pm Monday, Wednesday and Friday. Family/Carer's group starting soon.
- **Welwyn Garden City, Woodhall Community Centre** 9.00am to 5.00pm Monday to Friday and Family/Carer's Service from 3.00pm with Group 5.00pm, to 6.30pm on Tuesdays.
- **Hatfield, Queensway House** 10.00am to 4.00pm Monday to Friday with Family/Carer's Group 10.00am to 12.00pm Thursdays.

## Health in Herts

[www.hertfordshire.gov.uk/healthinherts](http://www.hertfordshire.gov.uk/healthinherts)



For local information on drug and alcohol services as well as other public health services, such as sexual health and smoking cessation, please visit our website on the above address.

## Herts Alcohol Counselling Service

[www.hertsalcoholhelp.co.uk](http://www.hertsalcoholhelp.co.uk)

Tel: 01462 701 956



We offer telephone or online support and information to those in the community who are concerned about their drinking. We also support families and carers who are affected by someone else's drinking through counselling and group sessions.

Services include group sessions for those in recovery but experiencing mental health issues, a structured 12 week recovery programme facilitated by experienced professionals, as well as 1:1 and peer support for improving mental health and emotional well-being. This project is funded by St Albans City & District Council Health and Wellbeing Fund.



## ‘No More’ Service

[www.stevenage.gov.uk/housing/council-housing/111495/112097/](http://www.stevenage.gov.uk/housing/council-housing/111495/112097/)

Tel: 01438 242 666

Email: [nomore@stevenage.gov.uk](mailto:nomore@stevenage.gov.uk)

We take a holistic approach to working with clients to reduce their substance misuse. We put practical solutions in place to tackle issues concerning drug or alcohol use, including:

- Housing issues;
- Finances;
- Health;
- Wellbeing;
- Routing and use of time.



Clients are allocated a support worker who they have regular contact with. Referrals can be made by another service or through self-referral by phone or by coming into the centre.

## One You Drinks-Tracker App

[www.nhs.uk/Tools/Pages/drinks-tracker.aspx](http://www.nhs.uk/Tools/Pages/drinks-tracker.aspx)



Keep an eye on the booze and take control with free daily tips.

- Compare your drinking with the alcohol unit guidelines
- Access simple tips and advice to help you cut down
- See how much money you could save by drinking less

## Herts Healthy Homes

[www.hertshelp.net/hertshelp](http://www.hertshelp.net/hertshelp)

Tel: 0300 123 4044

Email: [info@hertshelp.net](mailto:info@hertshelp.net)



Herts Healthy Homes can help you stay well throughout the year by providing support with:

- A home visit to give advice and practical support to help you stay well and active
- Advice on paying your bills and budgeting
- Draught proofing/emergency heaters
- Fire checks and home security checks

If you, or someone you know, needs help or support to stay healthy and well at home call HertsHelp on the number above, and quote ‘HOME1’. Calls are local rate and cost no more than national rate call to an 01 or 02 number. Lines open Monday – Friday 8am to 6pm.

## Insight Timer

[www.insighttimer.com](http://www.insighttimer.com)



Home to more than 2 million meditators, Insight Timer is rated as the top free meditation app on Android and iOS stores.

App includes over 5000 free guided meditations from over 1000 of the world's best meditation teachers.

## New Leaf College

[www.newleafcollege.co.uk](http://www.newleafcollege.co.uk)

Tel: 01442 864 966

Email: [info@newleafcollege.co.uk](mailto:info@newleafcollege.co.uk)



New Leaf College (Hertfordshire's Wellbeing College) provides a range of courses and workshops to enable you to take better control of your well-being. All courses and workshops are provided in line with the principles of hope, opportunity and control. Our courses are free of charge and available to anyone aged over 18 living in Hertfordshire.

## HertsHelp

[www.hertshelp.net/hertshelp](http://www.hertshelp.net/hertshelp)

Tel: 0300 123 4044

Email: [info@hertshelp.net](mailto:info@hertshelp.net)



HertsHelp can tell you about local services and be helped to access them.

- **Herts Healthy Homes** can offer practical supports to keep you warm, safe, offer practical home solutions that will help you to stay independent.
- **HertsHelp in the Hospital** can help you to go home safely with suitable support.
- **Hertfordshire Welfare Assistance scheme** offer financial advice and supports when no other help is available.
- **Hertfordshire Advocacy Services** can help you to have your say and help you to understand and make choices about matters that affect you.
- **HertsHelp Guidance** in the Home can offer to help you to go through your bills and domestic paperwork, understand benefits and other practical supports.
- **HertsHelp Funding Your Care** can offer specialist advice on how you can fund and understand the new charging systems in place for social care.
- **HertsHelp in the West** are community based navigators that will help you to access local services that will help you to remain independent and promote your health and wellbeing; available only in Hertsmere, St Albans, Dacorum, Watford and Three Rivers.
- **HertsHelp Information Helpline** – A telephone helpline that offers Help and Support to access local voluntary and statutory services for you, your family and if you are a carer.