

To make a referral for young people and adults:

Visit:

www.wellbeing.turning-point.co.uk/suffolk

Or call:

0300 123 0872

Our Suffolk Hubs:

Bury St Edmunds

2 Looms Lane
Bury St Edmunds
IP33 1HE

Ipswich

Sanderson House
17-19 Museum Street
Ipswich
Suffolk
IP1 1HE

Lowestoft

Woodbury House
Mill Road
Lowestoft
NR33 0PP

Head Office Contact Details

Web: www.turning-point.co.uk

Call: 0207 481 7601

Email: info@turning-point.co.uk

Twitter: @TurningPoint

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**Suffolk drug and
alcohol service
for
young people
and adults**

Suffolk drug and alcohol services:

is available to any young person or adult who wishes to address their use of drugs and or alcohol.

Referring in:

Anyone can refer into the young people and adult substance misuse and alcohol treatment services within Suffolk. You can do this:

Online:

www.wellbeing.turning-point.co.uk/suffolk
complete and submit the online referral form
download or complete and email the referral form

Call:

0300 123 0872

**It is important you leave us a contact number.
We will call you to find out how we can support you**

On receiving your referral, a Contact Point Advisor will ring you to discuss your referral and the changes you would like to make.

Contact Point: possible outcomes

Contact Point Advisors will try to call and speak to you.

Depending on your concerns and what you want to achieve, you may be signposted to alternative support services, such as local mutual aid sessions or a different local community support agency.

If you wish to make positive changes and change your substance misuse and or alcohol habits you may be given an appointment for an assessment.

Contact Point will try to make contact with you on 2 separate occasions. If Contact Point are unable to reach you we will assume this is not the right time for you to enter treatment and you will re-refer yourself when you would like support to make positive changes to your lifestyle.

Assessment

If you require an assessment you may be invited into one of our hubs. Alternatively, depending on your circumstances you may be invited to take part in an assessment over the phone.

The assessment will be with one of our Assessment Recovery Workers. They will chat with you to find out more about yourself, your concerns, your social and economic circumstances and what you would like to achieve.

The assessment will identify if you require a medical assessment. This will look at your substance misuse, physical and mental health and how we can work together to achieve your goals. You will be given a separate appointment date for this.

Our aim

We want to help you identify and achieve your goals. Your care plan will detail your goals and actions for us both to help you achieve your ambitions. Your goals may change and we will work with you towards achieving your new goals.

Other support

The Suffolk Recovery Service is not open all the time and it is not an emergency service. There are other sources of support available:

NHS 111
offers medical help or advice for non life-threatening situations

Samaritans 116 123
offers confidential and non judgemental emotional support

FRANK 0300 123 6600
provides information and advice about drugs

Mutual aid groups:
NA 0300 999 1212
AA 0800 9177 650
Smart Recovery UK 0330 053 6022