

## Useful Numbers

AA (Alcoholics Anonymous)  
01 – 8420700 (9 – 5p.m.)

Al Anon / Al Ateen  
8732699 (10.30am – 2.30pm)

ACOA Ireland  
PO Box 4683  
Dublin 1

Drugs / HIV help line  
1800 459459

GA (Gamblers Anonymous)  
01-6728000

## Useful websites

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

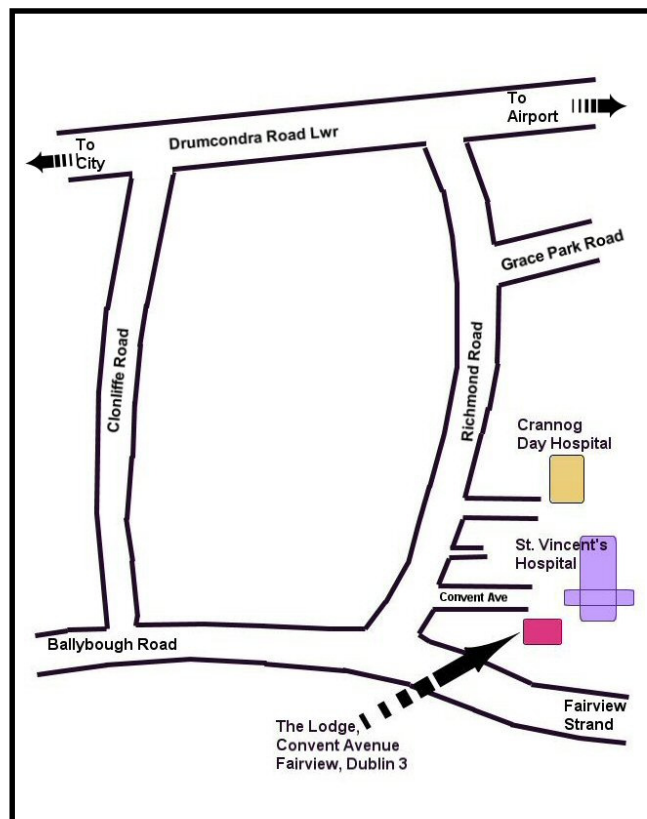
[www.alcoholconcern.org.uk](http://www.alcoholconcern.org.uk)

[www.na-ireland.org](http://www.na-ireland.org)

[www.alcoholicsanonymous.ie](http://www.alcoholicsanonymous.ie)

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

[www.svhf.ie](http://www.svhf.ie)



## Location

*We are situated just inside the gates of St. Vincent's Hospital, Fairview, on the right hand side*

## Substance Abuse Service



*"The Lodge"  
St. Vincent's Hospital,  
Fairview,  
Dublin 3.*

*Phone: 8842401  
or  
8842400 Ext. 2401*

## **Our Service is.....**

For Adults (over 18yrs of age) who are concerned about the way they drink, gamble and/or use medications and who may like to talk to somebody about it.

## **How to begin.....**

When your doctor (G.P. or Psychiatrist) sends a referral letter, we will contact you to arrange an appointment. At times there may be a waiting list.

## **What will happen at the very first meeting?.....**

Both you and your therapist (Clinical Nurse Specialist) will have an opportunity to discuss your needs and what our service may have to offer you.

## **What does the service offer?.....**

- Alcohol /medication/gambling Education
- Ways of reducing or stopping
- Assertive behaviour
- Coping Strategies
- Relapse Prevention
- Personal Development
- Anxiety management
- Managing medication
- Service for people with a dual diagnosis (i.e. both a mental health diagnosis and a diagnosis relating to substance use)

## **What do I do then?.....**

It is important that the work you do here is continued throughout your daily life and that you give yourself time to reflect and think about this work.

You will have the opportunity to involve a family member/(s) or close friend during your involvement with the service.

The times you attend will be agreed between yourself and your nurse. We would appreciate if you could contact us should you be unable to attend any appointments, giving as much notice as possible.

## **Location**

See map on reverse

## **Times of opening:**

Monday – Thursday: 8.30am -4.30p.m.

Friday: 8.30am – 2p.m.

Closed on weekends and bank holidays

Please note that this service operates under Children 1st Guidelines. This means that if you tell us of a case of child abuse, either past or present we are obliged in most cases to report it to the Social Services. If you are unsure if this is relevant to you contact your duty Social Worker.