

Smoking, Alcohol and Drug Services: Information for Sandwell Professionals

- During Covid 19, smoking, alcohol and drug services in Sandwell are still offering a range of interventions to residents including 1-2-1 telephone support, harm reduction advice, recovery support and access to medications.
 - These are difficult times and there is a risk that smoking, alcohol and drug use might increase if people are struggling to cope. As a professional in Sandwell you may come into contact with people who are experiencing difficulties with any of these substances. Some people may directly disclose to you that they are using more, but in some cases, if you are concerned, you might need to ask. Signs may include empty packs, bottles or drugs paraphernalia, missed calls or appointments, slurred speech, bloodshot or glazed eyes and changes in behaviour. If you know someone who needs support please remind them that services are available and ask them to make contact:
 - o Cranstoun Sandwell – Adult Drug & Alcohol: 0121 533 1333 or email sandwellreferrals@cranstoun.org.uk
 - o DECCA - under 18s Drug & Alcohol 0121 569 2201 or email dqa1000@hotmail.com
 - o Everyone Health - Smoking 0333 005 0095 or email clinical.contactcentre@nhs.net
 - If you are concerned about someone who does not wish to access support please call the service numbers listed above for advice.
 - Please be mindful that someone's use may have negative impacts on their families and carers, particularly their children. If you feel a child or young person is at risk of harm please report this by following the guidance for professionals detailed here: <https://www.sandwellcsp.org.uk/key-safeguarding-issues/report-a-concern/>.
- If you are concerned that an adult is at risk due a family member's substance misuse please report it via this link: http://www.sandwell.gov.uk/info/200216/adults_and_older_people/2213/safeguarding_adults
- Please be aware that there are serious risks involved where dependent alcohol users stop drinking suddenly. Alcohol withdrawal can be fatal. We advise that people reduce their drinking by 10% per week, however some people, particularly those who are vulnerable or self-isolating, may face disruption to their alcohol supplies. If you are aware of anyone who is experiencing difficulties with this please contact dawn_maycock@sandwell.gov.uk
 - We anticipate that the current social distancing guidelines will have an impact on illicit drug markets which may result in additional risks for users. This might include changes in purity, drug shortages and the use of alternative more harmful substances. If you hear of anything relating to this please contact maria_smith@sandwell.gov.uk. If you are aware of any drug dealing activity please report this by calling 101.
 - Please note that if you encounter anyone who is feeling unwell due to alcohol and drugs they may need immediate medical attention.

- There's also range of online support and national helplines available for people:
 - The [Everyone Health stop smoking webpage](#) and [Facebook Page](#) includes further details on support to quit smoking including an online health assessment
 - The [Lower My Drinking app](#) is aimed at people who are not dependant but may be at risk from their drinking. The app can be downloaded on [Google Play](#) and the [App Store](#)
 - The [Alcoholics Anonymous](#) helpline is open 24/7 on 0800 9177 650. Email them at help@aamail.org or live chat via their website at www.alcoholics-anonymous.org.uk
 - Narcotics Anonymous offline online meetings, please visit <https://ukna.org/> or call their helpline on 0300 999 1212 (10am – midnight)
 - Drinkline, a free, confidential helpline for people who are concerned about their drinking, or someone else's. Call 0300 123 1110 (weekdays 9am–8pm, weekends 11am–4pm)
 - [Al-Anon](#) offers support and understanding to the families and friends of dependent drinkers. Call their confidential helpline on 020 7403 0888 (open 10am-10pm)
 - Adfam provide support for families effected by drug and alcohol use, visit <https://adfam.org.uk/>
 - Nacoa support anyone affected by their parent(s) drinking, including adults, visit nacoa.org.uk, call 0800 358 3456 or email helpline@nacoa.org.uk.
 - Information and advice about drugs and alcohol can be found at: <https://www.talktofrank.com/>
 - For other lifestyle health needs please visit the [Healthy Sandwell webpage](#)