



SupportTeam
@Veor

Help for Problems With Drug Dependency

If you need help for a drug problem (including prescription medication), you're entitled to treatment in the same way as anyone else who has a health problem. There is help available if you want advice and support, or want to cut down or stop.

- A GP may be a good place to start. They can discuss your problems with you and help get you into treatment.
- They will usually refer you to your local drug service.
- If you're not comfortable talking to a GP, you can approach your local drug treatment service yourself.
- [Visit the Frank website to find support near you.](#)
- If you're having trouble finding the right sort of help, call the Frank drugs helpline on 0300 123 6600. They can talk you through all your options.
- At your first appointment for drug treatment, staff will ask you about your drug use. They'll also ask about your work, family and housing situation.
- You may be asked to provide a sample of urine or saliva to check what drugs you have been taking.
- Staff will talk you through all your treatment options and agree a treatment plan with you.
- They can tell you about local support groups for drug users and their families or carers.
- You'll also be given a keyworker, who will support you throughout your treatment.

[Visit the Adfam website to see a list of useful organisations](#)

[Source: NHS Drug Addiction](#)



Treatment and Support Groups

- Your treatment will depend on your personal circumstances and what drug you're using. Your keyworker will work with you to plan the right treatment for you.
- Your treatment plan may include a number of different treatments and strategies.
- Talking therapies such as CBT, help you to see how your thoughts and feelings affect your behaviour.
- Treatment with medicines – If you're dependent on heroin or another opioid, you may be offered a substitute medicine, such as methadone or buprenorphine. This means you can get on with your treatment without having to worry about withdrawing or buying street drugs.
 - Heroin addiction: get help
 - Cocaine addiction: get help
 - Advice for families of people who use drugs
 - Addiction: what is it?
- Detoxification (detox) is for people who want to stop taking opioids like heroin completely. It helps you to cope with the withdrawal symptoms.
- Self-help – Some people find support groups and programmes like UKNA (Narcotics Anonymous) or SMART Recovery helpful. Your keyworker can tell you where your nearest group is.
- Reducing harm – Staff at your local drug service will help reduce the risks associated with your drug-taking. For example, you may be offered testing and treatment for hepatitis or HIV and AIDS.



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