

GAA CLUB MANUAL
FOR DEALING WITH DRUG AND
ALCOHOL RELATED ISSUES



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We are grateful for permission to use material from the following sources

www.drugsalcohol.info Health Promotion Agency for Northern Ireland

www.drugs.gov.uk Home Office for England and Wales

Straight Talk: A Guide for Parents on Teenage Drinking.

North West Alcohol Forum, Health Promotion Unit 2006

*Facts About Drug Misuse in Ireland. Dr Desmond Corrigan,
Health Promotion Unit 2003*

www.knowyourlimits.info Health Promotion Agency for Northern Ireland

Alcohol Use Disorder Identification Test. World Health Organisation, Geneva.

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Teachtaireacht an Uachtaráin

Is cúis mhór áthais dom cúpla focal a scríobh ar fhoilsiú an leabhair thábhachtaigh seo.

The Role of the GAA in Irish Society has changed in many ways since the founding of the Association in 1884. At the time, the main aim of the Association was to preserve important elements of Irish Culture from the threat of extinction. From its formative years, and away from the onfield success of its two main sports, the Association has developed into a key social and cultural institution and has developed a responsibility to provide leadership within the community it serves.

This booklet, and the roll out of the Alcohol & Substance Abuse Prevention (ASAP) Programme, are part of the GAA's attempts to tackle what has unfortunately become an ever more obvious problem in Irish society.

An enormous amount of research and hard work has been invested in this particular publication which will outline for GAA officials and members at all levels, advice and procedures for dealing with drug and alcohol related issues.

There are a number of people I want to thank who have helped us to reach this stage in our endeavour to set a positive example within society. Joe Connolly and the members of the Alcohol and Drug Abuse Task Force set the ball rolling a couple of years ago and through their insightful and thought provoking contribution helped to initiate a vital debate within the Association, while the Department of Health and Children have always been available to offer their advice and guidance and for this we are most grateful.

Finally, I want to thank Brendan Murphy, the co-ordinator of the ASAP Programme, whose sterling work is reflected in the pages that follow. Go raibh maith agat a Bhreandáin as ucht do chomh-oibre.

I hope that our efforts in this regard will have a positive effect on all and help build a better Ireland for the future.

Ráth Dé oraibh go léir,

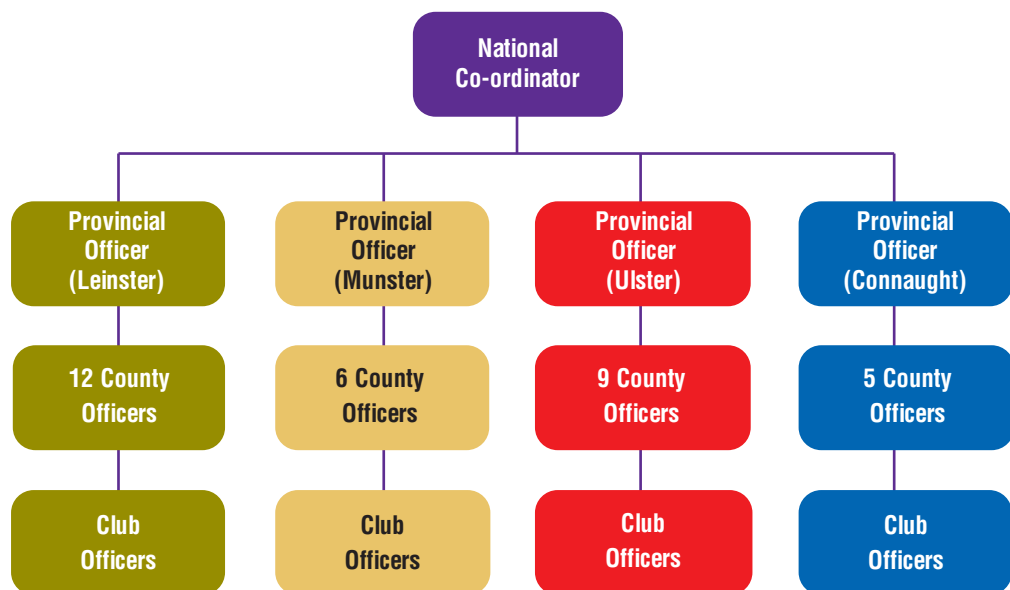
Níoclás Ó Braonáin
UACHTARÁN

FOREWORD

The subject of alcohol and drugs can be difficult to broach and causes discomfort for many people, however I have been amazed by the support for the ASAP Programme that has come from all levels of the GAA and the from statutory and voluntary agencies across the 32 counties.

The aim of the ASAP Programme is to reduce the harm that is being caused by alcohol and drugs. This aim is already well on the way to being achieved. Since the first edition of the GAA Club Manual For Dealing With Drug And Alcohol Related Issues was released many hundreds of clubs have taken on the task of addressing this issue and have put policies and procedures in place to prevent the spread of alcohol and drug problems. The new information included in this second edition will add to the knowledge and skills being used to respond even more accurately to these issues. The new DVD, **Club Matters** will assist clubs further in addressing these issues and will complement the work that has already begun on the ground. This in turn will be supported by the new ASAP Programme website and the telematics projects.

The ASAP Programme is a joint venture by the GAA and the Health Service Executive and is being rolled out through the following structure...



The ASAP Programme fits into the re-developed GAA Code of Best Practice for Youth Sport and by doing so it helps us look at how our own behaviour and how we interact with others.

This manual will help all clubs to develop a Club Drug and Alcohol Policy. Developing a Club Drug and Alcohol Policy is central to every clubs response to this issue as it will enable every club to outline what can be done at local level, with the help of local professional services, to prevent and respond to alcohol and other drug problems. A sample policy has been added to the appendix to aid clubs in this regard.

Through the work we have started we can go on to make our clubs places that are safe from the harms of drugs and alcohol where people continue to find a sense of value and belonging.

Brendan Murphy, National Coordinator, October 2007

SECTION ONE

HOW TO DEVELOP A CLUB DRUG AND ALCOHOL POLICY

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Introduction

In order to respond effectively to drug and alcohol related problems **every club** must develop a Club Drug and Alcohol Policy that is appropriate to the local area. A sample policy has been added to the appendix to aid clubs in this regard.

This can be carried out by clubs individually or by clustering clubs together in an area, division or county. To successfully complete this undertaking it is essential that every club appoint an ASAP Programme Club Officer who will work under the guidance of the ASAP Programme County Officer.

All clubs should begin the process of forming their own policy.

This can be done on a club by club basis but is more likely to be successful if done in conjunction with other clubs in their area.

Developing a drug policy is not just about writing down a few guidelines and filing it away somewhere. It is a process that informs and educates the people involved in creating the policy. This in turn leads to a fuller understanding of all the issues that need to be considered when responding to a drug or alcohol related incident.

By following the guidelines below, members from every level of the club will have the opportunity to have an input into the development of the policy.

Three useful points to consider

When forming a Club Drug and Alcohol Policy it is useful to consider the three following areas relating to drugs and alcohol.

1. Prevention of drug and alcohol abuse.

The vast majority of people involved in the GAA do not have a drug and alcohol problem and the ASAP programme is helping to ensure that this remains the case. It is important that all parents, officials, staff and mentors follow the law when it comes to illegal drugs, alcohol and tobacco and display leadership and good example particularly when dealing with underage members.

There are definite actions that can be taken to strengthen this position and prevent drug and alcohol problems in the GAA. By deliberately changing some of our current behaviours as adults we are helping to reduce the use of drugs and alcohol among our young people. We can choose to...

- Not fill the cup with alcohol during celebrations.
- Not smoke or drink alcohol in the presence of juvenile members during matches, training session or club outings.
- Not sell cigarettes in the clubhouse.
- Not have medal ceremonies and celebrations for juvenile teams in pubs..
- Not bring young people to pubs on the way home from matches, outings or training sessions.
- Phase out alcohol advertisements on club jerseys.

These are some of the things that we can choose to do to reduce young peoples exposure to alcohol.

2. Education about drugs and alcohol.

Education programmes that increase our knowledge and skills are essential to help us effectively deal with drug and alcohol issues. Education about drugs and alcohol is most effective if provided in the broader context of child protection and club development.

- Education works best in small bite-sized pieces and if it's done over a period of time rather than in one big event.
- The use of an outside visitor/speaker to enhance an education event is helpful.
- Do not use scare tactics to educate as these have been shown to be the least helpful way of encouraging people to change their behaviour.
- Education about drugs and alcohol should not just be aimed at young people as adults need to be abreast of what is happening in the changing trends of drug and alcohol use.
- Visitors are not to be allowed to educate young people in the absence of parents/coaches.

3. Responding to drug and alcohol incidents in the club.

Because of the extent of drug and alcohol use it can be expected that some or possibly all of the following drug/alcohol related incidents will occur over the lifetime of every club in the country.

- Persons being drunk/stoned on club property
- Disclosure about problematic drug/alcohol use
- Finding alcohol/drugs or associated paraphernalia
- Illegal possession or supply of alcohol or drugs

Because of the secretive nature of drug use and underage alcohol use, club officials may often find themselves dealing with allegations that are based on hearsay and rumour. Were such allegations to become widely known it could have a ruinous effect on the lives of many people. Allegations of this nature should always be treated sensitively and seriously. Club officials must have full regard for due process and allow for other possible explanatory circumstances to be fully investigated.

Every club should form links with professional drug and alcohol services in their county to assist them in the management of alcohol and drug related incidents. A full list of these services and how to access them will be available from the ASAP Programme County Officer and the ASAP Programme National Coordinator. Many of the contact details of these agencies are in the 'Where to Get Help' section of this manual.

There are many factors that need to be taken into account when club management are faced with making a decision on what action to take on confirmation of a club member being involved in a drug/alcohol related incident. These include;

(i) The type of drug/alcohol incident

- Was it for personal use or supply to friends or dealing on a wider scale?
- What are the risks to the individual(s), the club and the wider community if another incident like this were to happen again?

(ii) The history of the person(s) involved

- Was this a first offence or part of a pattern?
- Has he/she expressed willingness to change or if necessary, get help?
- What effects will actions taken by the club have on the person's wider life?

Continued on next page

(iii) Possible responses

The club management can choose to act in any of the following ways in response to a drug/alcohol related incident. It is crucial that the rationale and reasons for any decisions/actions taken are clearly recorded.

- Take no action (i.e. unsubstantiated rumours)
- Inform parents/guardians (almost always advisable if dealing with an U18 unless by doing so would put the young person at more serious risk of harm)
- Inform Gardaí/PSNI (necessary if a serious criminal act has taken place)
- Verbal or written warning to person(s) involved
- Temporary suspension
- Permanent expulsion

The ASAP Programme Club Officer will be a valuable asset for club management in dealing with these issues and he/she can draw on the support of the ASAP Programme County Officer and the other resources of the ASAP Programme.

What is a Club Drug and Alcohol Policy?

A Club Drug and Alcohol Policy sets out in writing the framework the club will use to manage drug and alcohol related issues. The policy applies to the entire club including coaches, parents/guardians, players and all users of the club buildings and grounds. The process of developing a Club Drug and Alcohol Policy is best undertaken in a step-by-step approach as outlined in the seven steps to follow. They are easily followed and most people find the process both interesting and informative. By following these steps every club will educate their members and gain a greater understanding of the issues involved.

STEP 1: Establish a sub-committee to develop the Club Drug and Alcohol Policy.

The core committee for developing the Policy should involve the participation of management, coaches, parents/guardians and young people.

- Young people must be members of the sub-committee.
- Club Management should be members of the sub-committee.
- Keep the committee to a maximum of eight people.

STEP 2: Study relevant resource documents and legislation.

In recent years, many resource materials about alcohol and drugs have been developed. The information contained in this manual will also be of use.

- Read *The Facts About Drug Use* in Ireland. It can be downloaded for free at www.healthinfo.ie.
- Read the *Report of the GAA Task Force on Alcohol and Substance Abuse*. It can be downloaded on www.gaa.ie/page/official_reports.
- Contact the local Health Promotion Department for helpful publications about alcohol and drugs (see page 92).
- Contact local Gardaí/PSNI, to get more details on the alcohol and drug laws.
- Read the *Guide to doping control in sport* leaflet on the Irish Sports Council website at www.irishsportsCouncil.ie

STEP 3: Review the situation in the club regarding drug and alcohol issues

Different clubs may have different needs and issues about drugs and alcohol depending on the type of problems they have encountered in the past and the part of the country they are situated in.

- Spend time discussing the drug/alcohol issues that happened before in the club.
- Talk about the types of drug/alcohol issues that are likely to occur in the future.
- Centre the policy around these issues to make it relevant to the membership.

STEP 4: Prepare a draft Club Drug and Alcohol Policy. (See page 95)

A Club Drug and Alcohol Policy is usually only a couple of pages in length and does not need to be particularly complex. Below is a list of items that it must contain.

Name of the policy

- Title it 'Club Drug and Alcohol Policy for _____ Club'.
- Sign and date it to signify when and by whom it was drafted.

Scope of the Drug and Alcohol Policy

- Emphasise that the policy is in force at all times at GAA facilities and during all activities conducted under the aegis of Cumann Lúthchleas Gael.

Definition of the word "drug"

- A "drug" shall be defined as all mood altering substances, both legal and illegal, and includes substances such as alcohol, tobacco, solvents, prescribed medication and over-the-counter products.

Rationale for having a Club Drug and Alcohol Policy

- All clubs are bound by the commitment of Cumann Lúthchleas Gael and the Irish Sports Council to the philosophy of "Discouraging the use of drugs, alcohol and tobacco on the basis that they are incompatible with a healthy approach to sporting activity".

Roles and Responsibilities

The ASAP Programme Club Officer is responsible for overseeing the development, implementation and evaluation of the Club Drug and Alcohol Policy.

- List the contact details of the ASAP Programme Club Officer in the policy to assist with queries or suggestions.

Timeframe

Make sure that the draft policy clearly states when the completed policy will come into force and when it will be subject to review. Review the policy annually and after any significant drug or alcohol related incident to see if it is operating effectively.

Education about alcohol and drug use

A variety of approaches will be required. Parents and coaches will require education that teaches them how to talk to young people about drugs and alcohol whereas young people will require education that has a healthy lifestyle focus.

- State how often and what types of drug education will be provided in the club.
- Do not use "fear-based" drug education methods that try to scare people away from using alcohol and drugs as these are the least effective and the least credible among young people.

Continued on next page

Outline of Restrictions

The possession, use, supply of illegal drugs or presenting under the influence of alcohol/drugs are viewed as unacceptable by Cumann Lúthchleas Gael and are punishable by warnings, suspensions and expulsions as deemed appropriate.

Reporting of Incidents

Suspected, alleged or confirmed incidents in breach of this policy must be referred to the Chairman of the Club concerned.

- The Chairman will inform the Executive and the Executive will decide on the appropriate response in line with the Club Drug and Alcohol Policy.

Recording of Information

Information regarding suspected, alleged or confirmed incidents in breach of the policy received by the Executive should be minuted in the usual way. The recording of factual information is preferable, and all opinions must be stated as such. It is very important that any information received is treated as confidential. This will help protect the integrity of the club and all persons involved.

- Responses of the Executive to cases will also be recorded in this way.
- Only in confirmed cases will names of individuals be recorded.
- Use the 'Report Form for Recording Alcohol and Drug Related Incidents' on page 94.

Involving Parents/Guardians

- It will be standard practice to inform parents/guardians if their child is involved in a drug/alcohol related incident. Their involvement and support is seen as essential in the resolution of these difficulties. Parents/guardians will be invited to discuss what has happened and will be included in deciding which course of action to be taken.

Search

When writing the Club Drug and Alcohol Policy use the sentence...

- 'Cumann Lúthchleas Gael retains the right to search any part of its property if there is reasonable cause to believe a substance in breach of this policy may be contained therein'
- Two officials/mentors of the unit concerned must be present during any form of search.

Involving Gardaí or PSNI

In suspected or alleged incidents involving the supply of illegal drugs, it is policy of CLG to inform the Gardaí/PSNI and have them present during a search of any part of the club property.

Disposing of (Suspected) Illegal Drugs

If an illegal drug (or suspected illegal drug) is found on club property or during a club related activity, it should be brought to the attention of the Chairman of the unit concerned.

- Store the substance securely and call the Gardaí/PSNI to come and collect it.
- Two officials/mentors should be present during any procedures involving handling of illegal substances.
- The substances should not be removed from the building by anyone other than the Gardaí/PSNI.

Availability, Use and Storage of Solvents and Gases

There are a large number of solvent based products that can be bought easily and have the potential to be abused. These include paints, thinners, deodorants, air fresheners, cleaning fluids, pain relief spray and plaster removal spray.

- All solvent based materials and gases should be stored securely where the public do not have access to them.

Use of Performance Enhancing Substances/Methods

The guidelines set out in the GAA Anti-Doping Code must be adhered to. The Code is based upon the Irish Anti-Doping Rules as adopted by the Irish Sports Council. Copies of the Code are available through the office of the GAA Player Welfare Manager in Croke Park and from the ASAP National Coordinator.

STEP 5: Amend and finalise the draft policy.

Circulate the draft policy as widely as possible for the views of young people, parents/guardians, club members and club management.

- Ask for feedback from a professional legal advisor.
- Involve those parents and young people who might not normally be reached.
- Revise the policy on the basis of the feedback received from this process.

STEP 6: Ratify, circulate and implement the agreed policy.

When the finalised draft policy has been ratified by the Club Management it becomes the agreed Club Drug and Alcohol Policy.

- Circulate the finished policy to everyone connected to the club.
- Give a copy of the Club Drug and Alcohol Policy to all existing members and all new members upon joining.
- Choose a date when the policy comes into effect.
- Display and advertise the policy on the club website/newsletter.
- Promote your policy through the local media.

STEP 7: Monitor, review and evaluate the policy.

The policy should be reviewed at least annually by the ASAP Club Officer.

- Review after every drug/alcohol related incident to judge its effectiveness.
- Be aware of changes to legislation and to the local drink and drug scene.
- Evaluate the policy within the Club Planning and Development framework.

SECTION TWO

HOW TO TALK TO SOMEONE ABOUT THEIR DRUG OR ALCOHOL USE

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How to talk to someone about their alcohol/drug use	18-19
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Introduction

Most people know someone who has a drink problem and most people under the age of 30 know someone who uses drugs.

This section is designed to help you know what to say and what not to say if you want to talk to someone about their use of alcohol or drugs.

What are the signs of drug taking?

It is often difficult to tell if someone is using drugs. Different people react to substances in different ways and the signs of drug misuse in one person could be due to some other factors in someone else. It's therefore easy to jump to the wrong conclusion.

Below is a list of some signs to look for, but remember that some of these (especially the changes in behaviour) can occur without drugs playing any part. Someone might just be going through a particularly difficult period in their life.

Behavioural signs

- A change of friends
- Lack of concentration
- Sudden mood swings
- Lying and deceitfulness
- Stealing money or goods
- Abnormal sleep patterns or insomnia
- Secretiveness about activities and whereabouts
- Loss of interest in old friends, school/college, work, hobbies

Physical signs

- Drowsiness
- Borrowing money
- Appearing intoxicated
- Loss of appetite
- Weight loss
- Needle marks and unexplained bruises
- Unusual smells, stains or marks on the body or clothes

Drugs paraphernalia

- Shredded cigarettes
- Needles and syringes
- Small weighing scales
- Scorched tin-foil or spoons
- Strong, sweet, smoky smell
- Small, elaborately folded pieces of paper
- Unusual powders, tablets, capsules or liquids
- Herbal substances or solid, crumbly, brown resin

What is Substance Abuse & Addiction?

Substance abuse and addiction are different but related. A person can abuse a drug or alcohol without having an addiction. For example, just because a person smoked cannabis a few times doesn't mean that he or she has an addiction, but if they were to continue it could lead to an addiction. When we think of addiction, we usually think of alcohol or illegal drugs. But people can become addicted to other things including legal medications, cigarettes and all sorts of behaviours including gambling and sex. Drug/alcohol addiction means a person has very little control over whether he or she uses a drug or drinks. It is important to remember that addiction can be physical, psychological, or both.

Physical addiction is when a person's body becomes dependent on a particular substance e.g. tobacco is physically addictive. It also means that s/he builds a tolerance to that substance, so that they need a larger dose than before to get the same effects. When a person who is physically addicted stops using drugs/alcohol s/he may experience withdrawal symptoms. Withdrawal from a physical addiction can be anywhere along a continuum from mild to life threatening. It can range from the symptoms of a mild 'flu to extreme discomfort and illness depending on the extent of the addiction and the substance in question.

Psychological addiction is when a person regularly feels overcome by the desire to have a drug or take part in the behaviour (e.g. gambling). They may also secretly feel ashamed and lie or steal to conceal what they are doing. Withdrawal from a psychological addiction can manifest as aches, pains and general feelings of unease through to more serious cases where severe psychological distress can occur.

Signs of Addiction

The most obvious sign of an addiction is that a person has a very strong need to have a particular substance or engage in a particular behaviour. There are other signs that can suggest a possible addiction that are listed below. However it is important to note that these can be signs of other conditions too, such as depression, eating disorders or physical illness. Common signs of a drug /alcohol addiction include:

Psychological signs:

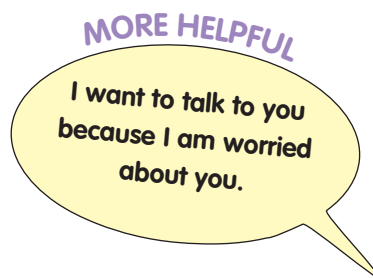
- use of drugs/alcohol as a way to forget problems or to relax
- withdrawal or keeping secrets from family and friends
- loss of interest in activities that used to be important
- problems with school or work, such as slipping grades or absences
- spending more time with people who use drugs/alcohol
- spending a lot of time figuring out how to get drugs/alcohol
- failed attempts to stop taking drugs/alcohol
- anxiety, anger or depression

Physical signs:

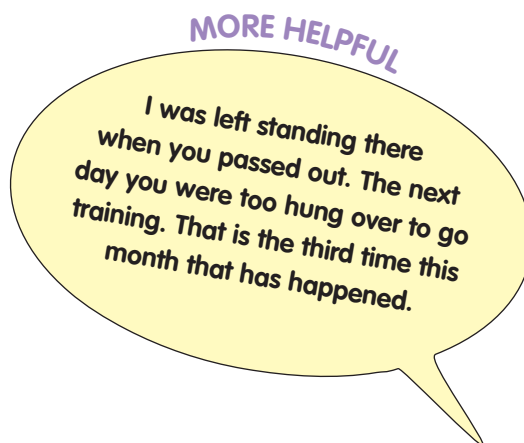
- changes in sleeping habits and shaking or sick in the morning time
- needing to take more drugs/alcohol to get the same effect
- changes in eating habits, including weight loss or gain

How to talk to someone about their alcohol/drug use

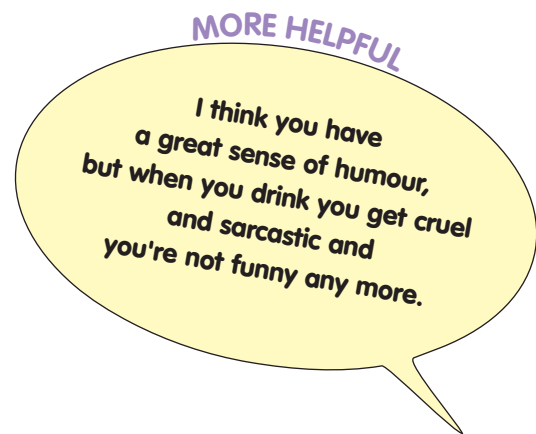
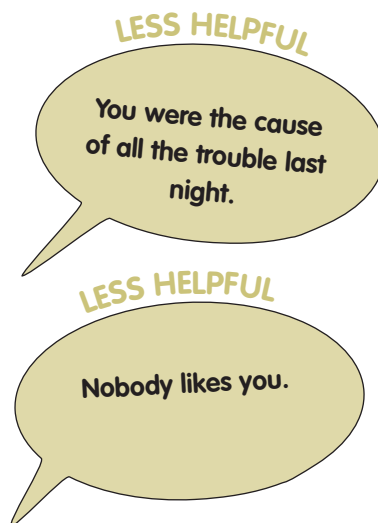
Talk to the person when he/she is sober. What you have to say will have more impact when they are clear thinking rather than when they are drunk or stoned. Restrict your comments to what you feel and what you have experienced of their behaviour. Use **'I statements'** when you speak. These cannot be disputed so easily. For example saying something like *"I want to talk to you because I am worried about you"* or *"I don't like to see what's been happening to you lately as you mean a lot to me"* are much more likely to be accepted than remarks like, *"Everyone's disgusted with you"*, or, *"Mary thinks you have a real problem"*. These will probably lead to arguments about Mary's problems or who 'everyone' is. It is better to avoid such generalisations and speak about your own feelings and observations.



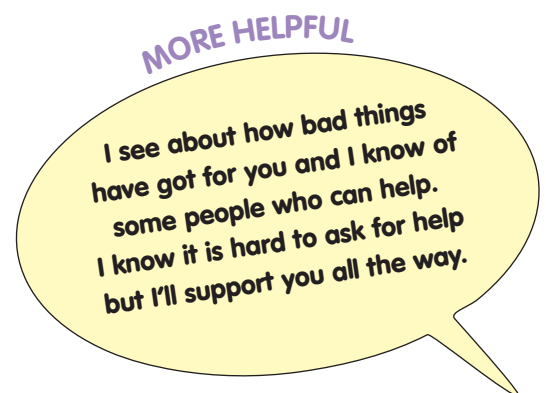
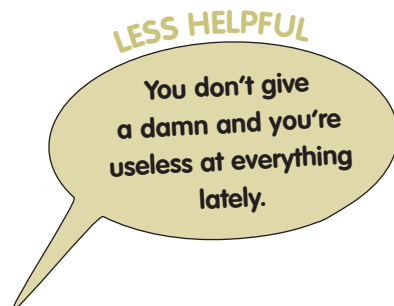
It is rarely useful to get involved in name calling and labelling people. However it is important to openly discuss the negative consequences of their drinking or drug use. Use concrete examples of things that you have seen happening.



Emphasise the difference between sober behaviour that you like and drinking behaviour that you dislike.



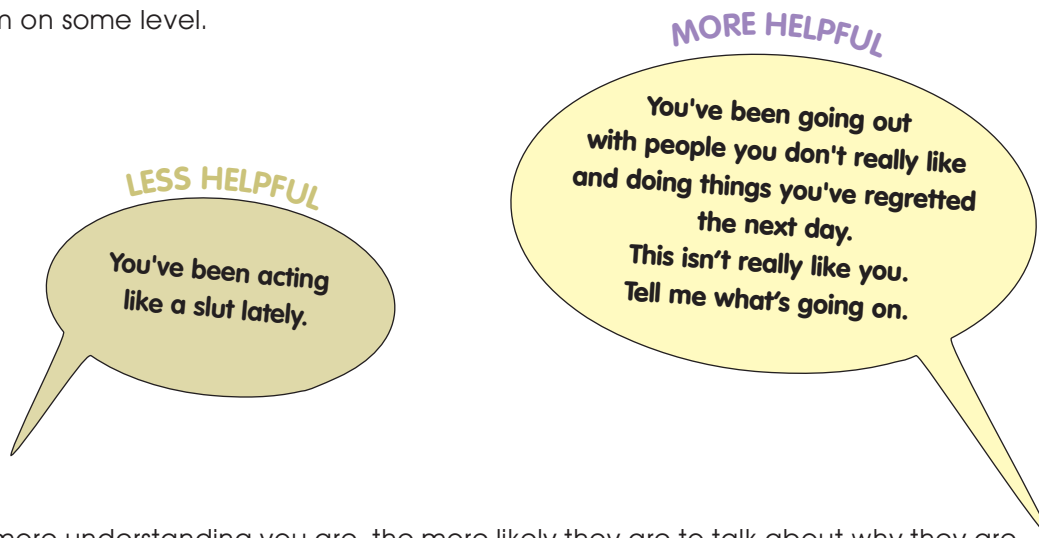
Be sure to distinguish between the person and the behaviour.



It may also be helpful to talk about your concerns with other people you trust who know the person. You are likely to find that there are others who share the same concerns as you. You may also find that some of them will try to excuse his/her behaviour and want to brush it under the carpet.

What NOT to do

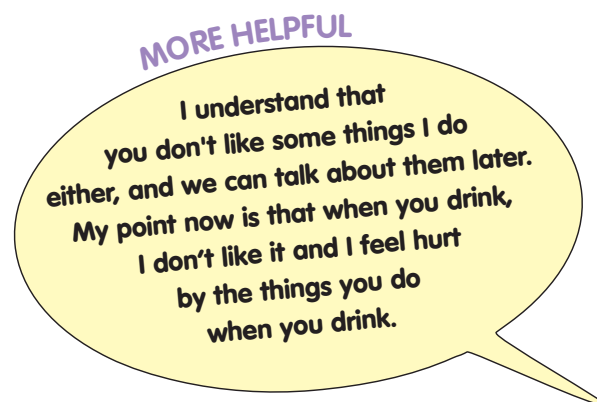
Don't lecture or moralise. Remain factual, listen to their side of the story as they will have reasons for drinking or using drugs like they do. Try your best to be non-judgmental with them. Their behaviour might not make sense to you but it does to them on some level.



The more understanding you are, the more likely they are to talk about why they are behaving as they are.

Don't accuse or argue. If they get angry or try to provoke you, remind yourself to remain calm and to stay focused on their drinking or drug use.

If they start pointing out your own shortcomings it is best to accept them and keep going by saying something like...



These can be difficult conversations to have. It is important that you emphasise to him/her that you are doing it because you care. Don't give up. If they seem resistant, you can bring it up later or let them know you're there for them if they ever want to talk. If you are going to ask a person under the age of 18 about their drug or alcohol use it is good practice to let their parents know in advance.

If you want to find out more about talking to people about their drinking or drug use look at the GAA 'Club Matters' DVD. It can be accessed through your ASAP County Officer or from the ASAP National Office. Alternatively read *Straight Talk: A Guide for Parents on Teenage Drinking*. It is available from Health Promotion Departments or www.healthinfo.ie.

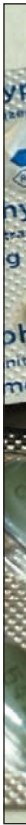
SECTION THREE

DRUGS AND THEIR EFFECTS

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NOTE:

Due to the changing nature of drug use, the information in this section is not exhaustive. Varying street names of drugs are used in different areas.





Benzodiazepines



BENZODIAZEPINES

BRAND NAME:

There are many benzodiazepines in use - the most common ones include Valium, Xanax, Rohypnol and Normison.

DRUG EFFECT:

Benzodiazepines are a group of prescription drugs that are widely abused. They cause the user to feel relaxed and less anxious.

Benzodiazepines are sometimes used by people when drinking to accentuate the effect of alcohol. This can be a dangerous practice as it is relatively easy to overdose when mixed with alcohol. Benzodiazepines are also used to ease the "crash" from drugs such as speed, ecstasy and cocaine.

STREET USE:

Swallowed

THERAPEUTIC USE:

Benzodiazepines are prescribed to treat anxiety or help people to sleep.

DEPENDENCY:

Benzodiazepines are among the most addictive drugs in current use. Despite this these drugs tend to be over-prescribed and this has led to widespread use and dependency among many people who began taking it under medical advice. Benzodiazepines should not be used continuously for more than 3 weeks as dependency can start to form.

WITHDRAWAL:

Effects of benzodiazepines last up to 24 hours and withdrawal symptoms can begin between one and seven days after last dose. Symptoms include anxiety, restlessness, tremors, feelings of unreality and distortion of perceptions. Symptoms may last for a number of months.

OVERDOSE RISK:

The risk of death from overdose is very high when mixed with other painkilling drugs, sleep inducing drugs or alcohol.

MAXIMUM LEGAL PENALTIES:

	<i>Rep. of Ireland</i>	<i>Northern Ireland</i>
<i>Possession:</i>	2 years and/or unlimited fine	2 years and/or unlimited fine
<i>Supply:</i>	14 years and/or unlimited fine	14 years and/or unlimited fine

SPECIAL NOTE:

Withdrawal from benzodiazepines can be dangerous. There is a risk of seizure during the withdrawal period and as a result a gradual reduction in dosage is advised. The gradual withdrawal regime is best carried out under medical supervision.



BENZYLPIPERAZINE

STREET NAME:

BZP, Legal E, pep pills.

DESCRIPTION:

Tablets or capsules of varying shapes, sizes and colours. Its' use in Ireland has grown over the last few years as it is being sold via the internet and through 'head shops' as a legal product.

DRUG EFFECT:

Benzylpiperazine has an effect that is similar to ecstasy. Users report it causes alertness, euphoria and a general sense of well being over a 4 to 6 hour period.

STREET USE:

Benzylpiperazine is swallowed in tablet or pill form.

WITHDRAWAL:

There are no reported withdrawal symptoms.

DEPENDENCY:

There appears to be a low risk of physical dependency and a mild risk of psychological dependency.

LONG TERM USE:

As the use of this drug is relatively new there is very little reliable information available on the long term use of benzylpiperazine in its' current form. Early reports include long term effects such as seizures, irregular heart beat, fainting, impotence and mild memory loss.

OVERDOSE RISK:

While there are no clear reports of death resulting solely from benzylpiperazine use, it has been implicated in a number of deaths where it was used alongside alcohol and ecstasy. The most typical overdose reactions are psychotic episodes and seizures.

MAXIMUM LEGAL PENALTIES:

Benzylpiperazine is not currently covered in the Misuse of Drugs Acts in the Rep. of Ireland and Northern Ireland although this is subject to change as European Union recommendations that the law be changed were issued in July 2007.





CANNABIS

STREET NAME:

Hash, Blow, Draw, Pot, Dope, Grass.

DESCRIPTION:

- Cannabis resin (hash) - most common, small blocks/lumps of brown resinous material.
- Herbal cannabis (marijuana) - less common, resembles dried grass or leaves.
- Cannabis oil - least common, brown to black coloured thick oil.



DRUG EFFECT:

Cannabis is a mild hallucinogen with a mild sedative effect. Smoking cannabis causes a number of physical effects including increased pulse rate, decreased blood pressure, bloodshot eyes, increased appetite and occasional dizziness. Effects start within a few minutes and may last several hours depending on how much is taken. When eaten the effects take longer to start but may last longer. Eating cannabis heightens the risk of having unpleasant effects.

Generally cannabis makes people relax but the experience can vary greatly depending on the users mood and what they expect to happen. Many people find that when they first use cannabis nothing much happens. They may become giggly and very talkative or alternatively quieter and subdued. Users often report that they become more aware of music and colours and that time seems to slow down.

STREET USE:

Cannabis is most commonly smoked in a hand rolled cigarette (joint) or a homemade pipe (bong) but can also be eaten.

WITHDRAWAL:

There are no physical withdrawal symptoms reported but heavy users may experience restlessness, depression, loss of appetite, sleep difficulties and nightmares.

LONG TERM USE:

There are respiratory and memory problems associated with smoking cannabis and mental health problems can occur with heavy use. There is also an increased risk of cannabis users being involved in accidents.

OVERDOSE RISK:

Very unlikely, although vomiting can occur when taken for the first few times.

MAXIMUM LEGAL PENALTIES:

	<i>Rep. of Ireland</i>	<i>Northern Ireland</i>
<i>Possession:</i>	3 years and/or unlimited fine	2 years and/or unlimited fine
<i>Supply:</i>	7 years and/or unlimited fine	14 years and/or unlimited fine



Crack Cocaine

Crack Cocaine Paraphernalia



CRACK COCAINE

STREET NAME:

Crack, Freebase, Rocks.

DESCRIPTION:

Crack is a smokeable form of cocaine made into small lumps/chips or 'rocks'. It is usually smoked in a pipe, glass tube, plastic bottle or in foil. It gets its name from the cracking sound it makes when it is burned.

DRUG EFFECT:

Crack is a strong but short acting stimulant drug. It tends to make users feel more alert and energetic. Many users feel very confident and physically strong and believe they have great mental capacities. Common physical effects include dry mouth, sweating, loss of appetite and increased heart and pulse rate. At higher dose levels users may feel very anxious and panicky. The effects from smoking crack are almost immediate and last for a few minutes.

STREET USE:

Usually smoked in a pipe.

DEPENDENCY:

While crack does not cause physical dependency there is a very significant psychological dependency that can display itself in physical symptoms such as diarrhoea, vomiting, trembling, insomnia, anorexia and sweating.

WITHDRAWAL:

A heavy user of crack will become very tolerant to the drug in a short period of time. Once the user stops, which can prove very difficult for a regular or heavy user, they will very quickly start to feel tired, panicky, exhausted and unable to sleep, often causing extreme emotional and physical distress.

OVERDOSE RISK:

Excessive doses can cause death from respiratory or heart failure but this is rare. High doses can result in increase in body temperature, extreme agitation, convulsions and respiratory arrest. Large doses or quickly repeating doses over a period of hours can lead to extreme anxiety, outbursts of violence, paranoia and hallucinations. Overdose risk increases if crack is mixed with other drugs such as heroin or alcohol.

MAXIMUM LEGAL PENALTIES:

	<i>Rep. of Ireland</i>	<i>Northern Ireland</i>
<i>Possession:</i>	14 years and/or unlimited fine	7 years and/or unlimited fine
<i>Supply:</i>	Life and/or unlimited fine	Life and/or unlimited fine



COCAINE

STREET NAME:

Coke, Charlie, Snow.

DRUG EFFECT:

Cocaine is a strong but short acting stimulant drug. It tends to make users feel more alert and energetic. Many users say they feel very confident and physically strong and believe they have great mental capacities. Common physical effects include dry mouth, sweating, loss of appetite and increased heart and pulse rate. At higher dose levels users may feel very anxious and panicky. The effects from snorting cocaine start quickly and last for up to 30 minutes.

DESCRIPTION:

Cocaine is a white powder.

THERAPEUTIC USE:

As local anaesthetic for eye, ear and nasal surgery.

STREET USE:

Most users sniff short lines of cocaine up their nose, often through a rolled banknote or straw.

DEPENDENCY:

There is no physical dependency on cocaine but there is a very strong psychological dependency that can display itself in physical symptoms such as diarrhoea, vomiting, trembling, insomnia and sweating.

WITHDRAWAL:

No physical withdrawal symptoms but after the "high", users experience a "crash" when they feel extremely tired and depressed.

OVERDOSE RISK:

Excessive doses can cause death from respiratory or heart failure but this is rare. High doses can result in increase in body temperature, extreme agitation, convulsions and respiratory arrest. Overdose risk increases if cocaine is mixed with other drugs such as ecstasy, speed or alcohol. Large doses or quickly repeating doses over a period of hours can lead to extreme anxiety, outbursts of violence, paranoia and hallucinations.

MAXIMUM LEGAL PENALTIES:

	<i>Rep. of Ireland</i>	<i>Northern Ireland</i>
<i>Possession:</i>	14 years and/or unlimited fine	7 years and/or unlimited fine
<i>Supply:</i>	Life and/or unlimited fine	Life and/or unlimited fine





Dihydrocodeine



Various over the counter products

CODEINE

STREET NAME:

DF's, Diffs, Solpo's.

BRAND NAME:

DF118 (Galen)
DHC Continus (Napp)
Solpadeine (Smith Kline Beecham)
Nurofen Plus (Crookes Healthcare)

DESCRIPTION:

Codeine is found in a number of different medicines including over-the-counter (OTC) medicines (Solpadeine, Nurofen Plus) and prescription-only medicines (DHC, DF118). Doses range from 8-60mg of codeine in each tablet or capsule. Codeine is also available in liquid formulas.

DRUG EFFECT:

Codeine is a painkiller that depresses the central nervous system. It slows down body functioning and reduces physical and psychological pain. The effects are similar to most painkillers, a relief from pain, feelings of well-being, feelings of warmth, relaxation and detachment, nausea, pinpoint pupils, reduction in body temperature and blood pressure. It also slows down the heart rate and may cause drowsiness. Codeine can also stop people feeling anxious. It usually leads to a reduction in sex drive and often causes constipation.

STREET USE: Swallowed. There is a lot of anecdotal evidence to suggest widespread abuse of OTC medicines that contain codeine. This in part may be due to the fact that it is easily available.

THERAPEUTIC USE:

The guidelines for use that accompany each medicine should be carefully observed. Codeine is used to relieve mild to moderate pain.

DEPENDENCY:

There is a high risk of physical and psychological dependency.

WITHDRAWAL:

Withdrawal symptoms appear 8-24 hours after last dose. Symptoms resemble severe flu together with diarrhoea. Symptoms peak around the third day and fade after 5 to 10 days. Sleep difficulties, cravings and mood swings may continue for some weeks.

LONG TERM USE:

Regular use of codeine will lead to constipation and may cause breathing difficulties. It will also lead to irregular periods for women.

OVERDOSE RISK:

Moderate to high, although risk of overdose increases significantly if codeine is mixed with other drugs, especially other painkilling drugs or alcohol.

MAXIMUM LEGAL PENALTIES:

	<i>Rep. of Ireland</i>	<i>Northern Ireland</i>
<i>Possession:</i>	7 years and or unlimited fine	5 years and/or unlimited fine
<i>Supply:</i>	14 years and/or unlimited fine	14 years and/or unlimited fine

These penalties do not apply to OTC medicines



CREATINE

Creatine has been included in this section to correct some of the misinformation that is currently in circulation.

CREATINE IS NOT A DRUG!

BRAND NAMES:

Maximuscle, Muscletech, Nutrition X, etc.

DESCRIPTION:

Creatine is a protein naturally produced from amino acids by the body and is also found in foods such as fish and meat. Creatine phosphate is the primary source of energy in the muscle during intense bursts of high intensity exercise. Creatine is also sold in powdered and capsule forms in sports and health stores.

EFFECT:

Creatine is used to increase muscle bulk and strength. There is some scientific evidence that taking creatine supplements can marginally increase athletic performance in some sports. Creatine usually leads to rapid weight gain. The weight gain is mainly caused by water retention in the muscles and not by muscle growth. This weight gain may actually slow athletes down by adding to their body weight and this cancels out the benefits. Creatine won't work for everyone, as approximately 30% are non-responders.

USE:

The guidelines for use that accompany each creatine product should be carefully observed. With creatine more is NOT better!

DEPENDENCY:

There is no risk of physical or psychological dependency from using creatine.

LONG TERM USE:

The risks associated with long term use of creatine are as yet unproven. Anecdotal reports of adverse reactions have included anxiety, atrial fibrillation, diarrhoea, dyspnoea, fatigue, migraine headaches, myopathy, nausea, vomiting, rashes and seizures. Concern has also been expressed about potential negative effects on the liver and kidneys.

OVERDOSE RISK:

There is no risk of overdose from creatine however exceeding the guidelines for use is likely to cancel out any benefits from using creatine.

MAXIMUM LEGAL PENALTIES:

Creatine is NOT an illegal substance controlled by the Misuse of Drugs Acts nor is it a controlled substance barred by the World Anti-Doping Agency or the International Olympic Committee. Although creatine is a legal supplement, it is not a controlled substance and an EU-wide study found the 25% of creatine products contained traces of banned substances.

SPECIAL NOTE:

There are many myths about creatine. These are some common ones...

'Creatine is a steroid' – FALSE

'Creatine is a hormone' – FALSE

'Creatine is a stimulant' – FALSE

'The more I take the stronger I'll become' - FALSE



Ecstasy



ECSTASY

STREET NAME:

Ecstasy, E, Yokes, Doves, Mitsubishis.

DESCRIPTION:

Any colour, any shape tablets usually bearing a logo or design.

DRUG EFFECT:

Ecstasy is a stimulant drug that also has mild hallucinogenic effects. It has been described as being like a mix of amphetamine and a weak form of LSD. The effects start after 20-60 minutes and can last for up to several hours. The pupils become dilated, the jaw tightens and there is often brief nausea, sweating, dry mouth and throat. The blood pressure and heart rate increases and loss of appetite is common. Ecstasy was originally linked to the club music scene in the early 1990's but its use grew exponentially since then and it has become one of the most widely used drugs.

Many users experience an initial rushing feeling followed by a combination of feeling energetic and yet calm. Loss of anger, empathy with other people and an enhanced sense of communication are commonly reported.

STREET USE:

It is taken by mouth in tablet form or mixed in a drink.

DEPENDENCY:

There is no risk of physical dependency and a moderate to high risk of psychological dependency.

WITHDRAWAL:

Fatigue and depression are common when regular ecstasy use has ceased.

LONG TERM USE:

Regular use of ecstasy is likely to lead to episodes of depression and memory problems. It has also been linked to an increased frequency of urinary tract infections in women.

OVERDOSE RISK:

At higher doses ecstasy can cause anxiety, panic attacks, insomnia, hallucinations and paranoia. Pre-existing conditions such as high blood pressure, glaucoma and epilepsy can be exacerbated.

Ecstasy has been linked to hyperthermia (heatstroke) where the body's temperature regulation system is affected, causing the body to overheat. Death by overdose is rare.

MAXIMUM LEGAL PENALTIES:

	<i>Rep. of Ireland</i>	<i>Northern Ireland</i>
<i>Possession:</i>	14 years and/or unlimited fine	7 years and/or unlimited fine
<i>Supply:</i>	Life and/or unlimited fine	Life and/or unlimited fine



HAWAIIAN BABY WOODROSE

STREET NAME:

Morning glory, legal acid.

DESCRIPTION:

Light brown or tan coloured seed. Hawaiian baby woodrose has a long history of use in religious ceremonies in Hawaii and parts of South America. Its' use in Ireland has grown over the last few years as it is being sold via the internet and through 'head shops' as a legal product.

DRUG EFFECT:

Hawaiian baby woodrose is a powerful hallucinogen similar to LSD. The main effects begin after an hour and typically last for 4-8 hours. Reported effects include changes in perception of time, sounds and vision, euphoria and extreme tiredness. Hawaiian baby woodrose can cause uterine contractions, which may lead to miscarriage if the seeds are consumed while pregnant.

STREET USE:

Hawaiian baby woodrose seeds can be swallowed whole or crushed and mixed with hot water to make a 'tea'.

WITHDRAWAL:

No withdrawal symptoms have been reported.

DEPENDENCY:

There is no risk of physical dependency and minimum risk of psychological dependency.

LONG TERM USE:

Flashbacks (re-experiencing previous drug effects) are occasionally reported. There is a significant risk of psychological disturbance with heavy use.

OVERDOSE RISK:

An overdose of Hawaiian baby woodrose may result in a psychotic episode that would require psychiatric treatment.

MAXIMUM LEGAL PENALTIES:

Hawaiian baby woodrose is not currently covered in the Misuse of Drugs Acts in the Rep. of Ireland and Northern Ireland although the law may be changed to include it in the future.

SPECIAL NOTE

If the user is having a 'bad trip' (i.e. experiencing terror or paranoia) it helps to reduce lighting and noise levels and talk to the person in a low calm voice and reassure the person that the effects will wear off.



KETAMINE

STREET NAME: Special K.

BRAND NAME: Ketalar, Ketaject (Parke-Davis)

DESCRIPTION:

Ketamine comes in a variety of forms, ranging from its liquid pharmaceutical state, for injecting, through to a white powder or pill to be taken orally. Ketamine is a powerful anaesthetic drug that is used during veterinary surgery usually for large animals. In the early 1990's it found its way on to the club and rave scene when people took it thinking they were buying ecstasy. It then became more established so that people bought it by choice.

DRUG EFFECT:

Ketamine has pain-killing effects but also alters perception. People who use it commonly say they feel detached from themselves and others around them. At low doses (roughly 100mg), the user will feel euphoric and experience rushes or waves of energy. At higher doses (200mg and over) the user will often experience hallucinations, similar to LSD. This is often followed by numbness and muscle spasms. Users may also feel sick or vomit. There appears to be a higher risk of having a "bad trip" type of experience than with other drugs that cause hallucinations.

STREET USE:

Swallowed, sniffed up the nose or sometimes smoked.

STREET FORM: Clear liquid or white powder or home made tablet.

THERAPEUTIC USE: Used as an anaesthetic in veterinary surgery.

DEPENDENCY:

There is no risk of physical dependency and a moderate to high risk of psychological dependency.

WITHDRAWAL:

There are no physical withdrawal symptoms but heavy users report a strong psychological dependence.

LONG TERM USE:

LSD-like 'flashbacks' have been reported together with loss of appetite and weight loss. Regular use of ketamine is likely to lead to episodes of depression and memory problems. There may also be a potential for the development of psychotic episodes following heavy use.

OVERDOSE RISK:

A few deaths have been reported. However, as with any anaesthetic, inhalation of vomit (after eating) is a serious risk if doses sufficient to induce anaesthesia are taken.

MAXIMUM LEGAL PENALTIES:

	<i>Rep. of Ireland</i>	<i>Northern Ireland</i>
<i>Possession:</i>	7 Years and/or unlimited fine	2 Years and/or unlimited fine
<i>Supply:</i>	Life and/or unlimited fine	Life and/or unlimited fine





Heroin and paraphernalia

Diamorphine



HEROIN

STREET NAME: Smack, H, Gear, Skag.

DESCRIPTION:

In its illegal form it is usually a brown powder normally containing 5% to 30% pure heroin. In its legal form it is a white powder or clear liquid contained in small glass phials.

DRUG EFFECT:

Heroin numbs emotional and physical pain and many users feel as if they were "wrapped in cotton wool". At higher doses it induces sleep and this is referred to as "nodding" or "goofing". The effects last for 2-3 hours.

STREET USE: Heroin can be smoked or injected. When smoked it is referred to as "Chasing the Dragon". When heroin is injected this is referred to as "main-lining".

THERAPEUTIC USE: Heroin in it's therapeutic form is called diamorphine and is only used in hospital or hospice settings in Northern Ireland and not in the Rep. of Ireland.

DEPENDENCY:

Heroin carries one of the highest risks of physical and psychological dependency.

WITHDRAWAL:

Withdrawal symptoms appear 8-24 hours after last dose. Symptoms resemble severe flu together with diarrhoea. Symptoms peak around the third day and fade after 5 to 10 days. Sleep difficulties, cravings and mood swings may continue for some weeks.

OVERDOSE RISK:

There is a significant risk of overdose. This risk is heightened after a period of abstinence or when heroin is mixed with other painkilling drugs, benzodiazepines or alcohol.

MAXIMUM LEGAL PENALTIES:

	<i>Rep. of Ireland</i>	<i>Northern Ireland</i>
<i>Possession:</i>	14 years and/or unlimited fine	7 years and/or unlimited fine
<i>Supply:</i>	Life and/or unlimited fine	Life and/or unlimited fine



Dried Mushrooms

LIBERTY CAP MUSHROOM (*Psilocybe semilanceata*)

STREET NAME: Magic Mushrooms, Mushies.

DESCRIPTION:

Light brown, thin-stemmed mushroom about 6-8cm high with a nipple shape on the top of the cap.

DRUG EFFECT:

The Liberty Cap is a hallucinogenic mushroom. Its effects include euphoria and hallucinations begin within 20-40 minutes and usually last between 4 and 8 hours depending on the amount used. Sleep often follows use. Users often laugh a lot and feel more confident. Some people feel sick, vomit and/or suffer from stomach aches. Lower doses result in a mild to moderate "trip" with visual and sound distortions. There have been some occasions where users have died following a fall from a high building having believed they could fly. During a "bad trip" users may experience fear, anxiety and paranoia. This is more likely with high doses and where the user already feels anxious.

STREET USE:

Usually eaten raw but may be cooked and eaten or boiled in water to make a 'tea'. Mushrooms can also be dried for storage. Amounts of mushrooms used vary from one or two mushrooms, to 20 or more.

DEPENDENCY:

There is no risk of physical dependency and a small risk of psychological dependency.

WITHDRAWAL:

No withdrawal symptoms have been noted.

LONG TERM USE:

Using liberty cap mushrooms over a long period of time can damage people's mental abilities.

OVERDOSE RISK:

Liberty Caps are not very toxic and so the overdose risk is low. Were an overdose to occur it would resemble that of LSD and may result in a psychotic episode that would require psychiatric treatment. However, there is a risk of mistakenly taking a more poisonous mushroom or fungus. Some fungi are extremely toxic and can cause death within hours of consuming them.

MAXIMUM LEGAL PENALTIES:

	<i>Rep. of Ireland</i>	<i>Northern Ireland</i>
<i>Possession:</i>	14 years and/or unlimited fine	7 years and/or unlimited fine
<i>Supply:</i>	Life and/or unlimited fine	Life and/or unlimited fine

SPECIAL NOTE :

If the user is having a 'bad trip' (i.e. experiencing terror or paranoia) it helps to reduce lighting and noise levels. Speak in a low calm voice and reassure the person that the effects will wear off.



LSD



LSD (Lysergic Acid Diethylamide)

STREET NAME: Acid, Trips, Tabs.

DESCRIPTION:

Small 1 cm squares of paper, usually with a logo or design printed on them

DRUG EFFECT:

LSD is a powerful hallucinogen. Effects begin up to 1 hour after the tab of LSD is consumed, and last for 2-12 hours, depending on strength. The strength varies but a low dose (half a regular tab) will usually result in a mild LSD experience, whereas a full tab will result in a full-blown trip. The effects of LSD vary greatly depending on dose level, how the user feels and the situation they are in. Users often report visual effects such as intensified colours, distortions in shapes and movement of stationary objects. There have been some occasions where users have died following a fall from a high building having believed they could fly. Distortion of sound and changes in the sense of time and place are also common.

STREET USE:

Swallowed.

STREET FORM:

Small paper squares.

DEPENDENCY:

There is no risk of physical dependency and minimum risk of psychological dependency.

WITHDRAWAL:

Tolerance develops quickly after repeated use so that further doses are less effective. No physical withdrawal symptoms are reported.

LONG TERM USE:

Flashbacks (re-experiencing previous effects) are occasionally reported. There is a significant risk of psychological disturbance with heavy use.

OVERDOSE RISK:

With LSD an overdose may result in a psychotic episode that would require psychiatric treatment.

MAXIMUM LEGAL PENALTIES:

	<i>Rep. of Ireland</i>	<i>Northern Ireland</i>
<i>Possession:</i>	14 years and/or unlimited fine	7 years and/or unlimited fine
<i>Supply:</i>	Life and/or unlimited fine	Life and/or unlimited fine

SPECIAL NOTE:

If the user is having a 'bad trip' (i.e. experiencing terror or paranoia) it helps to reduce lighting and noise levels. Speak in a low calm voice and reassure the person that the effects will wear off.



Methadone

METHADONE

STREET NAME: Meth, Juice, Phy.

BRAND NAME: Methadone mixture.

DESCRIPTION:

Green liquid.

DRUG EFFECT:

Painkiller and depressant ("downer").

STREET USE:

By mouth.

THERAPEUTIC USE:

Methadone is the drug that is most commonly prescribed to treat heroin addiction. Methadone is not a cure for heroin addiction but rather a replacement therapy that reduces the cravings for heroin and allows the user to take a small dose, usually once daily under the care of a doctor.

DEPENDENCY:

Methadone carries one of the highest risks of physical and psychological dependency.

WITHDRAWAL:

The effects of methadone last up to 24 hours, which is longer than heroin. Withdrawal symptoms are slower to develop but last longer. Flu-like symptoms appear up to 2 days after last dose, peak after 5 to 6 days and fade after 21 days. Sleep difficulties may last for longer. It has been suggested that withdrawal from methadone is more difficult than from heroin.

OVERDOSE RISK:

There is a significant risk of overdose. Methadone is poisonous to people who don't use it regularly. Doses of 50mg for an adult and 20mg for a child may be fatal. There is also a significant risk of overdose for the regular methadone user after a period of abstinence or when heroin is mixed with other painkilling drugs or alcohol.

MAXIMUM LEGAL PENALTIES:

	<i>Rep. of Ireland</i>	<i>Northern Ireland</i>
<i>Possession:</i>	14 years and/or unlimited fine	7 years and/or unlimited fine
<i>Supply:</i>	Life and/or unlimited fine	Life and/or unlimited fine

POPPERS (Alkyl nitrites)

DRUG NAME: Amyl Nitrite or Butyl Nitrite.

STREET NAME: Poppers

DESCRIPTION: Clear liquid

DRUG EFFECT:

Alkyl nitrites cause the blood vessels leading to the heart to widen and allow more blood to flow through. This is accompanied by a drop in blood pressure and increases heart rate. Users report a 'rush' and experience euphoria and dizziness. It also increases sexual arousal. The effects following inhalation are immediate and last from 2-5 minutes. Alkyl nitrites are sold openly on the internet and in some sex shops and joke shops.

STREET USE:

Poppers are sold in small glass bottles containing 10-20ml of amyl/butyl nitrite. Users inhale the fumes from the liquid in small doses.

DEPENDENCY:

Tolerance develops within 2-3 weeks if used on a daily basis. However this is lost following a few days of abstinence. There have been no reports of withdrawal symptoms, either physical or psychological. Hence dependency does not appear to be a problem.

OVERDOSE RISK:

Excessive use can lead to lack of oxygen in the blood. Users become cyanosed, which gives their skin and lips a blue colour. This is usually accompanied by severe vomiting and can lead to clinical shock and loss of consciousness. Nitrites are extremely poisonous when drunk.

LEGAL STATUS:

Poppers are not controlled by the Misuse of Drugs Acts in the Rep of Ireland or in Northern Ireland.

SPECIAL NOTE:

Sudden deaths have occurred when using nitrites. People with a history of heart problems, and glaucoma are strongly advised not to use poppers because of the increased strain on the cardiovascular system.





SALVIA DIVINORUM

STREET NAME:

Salvia, Eclipse, Diviners Sage.

DESCRIPTION:

Dark brown or black when prepared and dried. Light green plant leaf when fresh. Salvia Divinorum has a long history of use in religious ceremonies by the Mazatec Indians in Mexico. Its' use in Ireland has grown over the last few years as it is being sold via the internet and through 'head shops' as a legal product.

DRUG EFFECT:

Salvia divinorum is a powerful, short acting hallucinogen. When smoked the main effects are experienced within a minute or so and lasts for about 1-5 minutes. The experience ends after about 15 to 20 minutes. Reports of effects from users vary greatly. Reported effects include dramatic images and visions, uncontrollable laughter, echoing of sounds, lightheadedness, time distortion and extreme fearfulness.

STREET USE:

Salvia is most commonly smoked in a pipe as a dried herb but can also be chewed in a quid of fresh leaves.

WITHDRAWAL:

There are no reported withdrawal symptoms from using salvia divinorum.

DEPENDENCY:

There is no risk of physical dependency and minimum risk of psychological dependency.

LONG TERM USE:

As the use of this drug is relatively new to the western world there is very little reliable information available on the long term use of salvia divinorum in its' current form.

OVERDOSE RISK:

There are no reports of physical harm due directly from ingesting salvia divinorum. There are reports of serious harm occurring to users who are injured while disorientated due to the effects of salvia divinorum. There are also reports of salvia divinorum use resulting in a psychotic type episode.

MAXIMUM LEGAL PENALTIES:

Salvia Divinorum is not currently covered in the Misuse of Drugs Acts in the Rep. of Ireland and Northern Ireland although the law may be changed to include it in the future.

SPECIAL NOTE:

If the user is having a 'bad trip' (i.e. experiencing terror or paranoia) it helps to reduce lighting and noise levels. Speak in a low calm voice and reassure the person that the effects will wear off.





Amphetamine

SPEED (Amphetamine sulphate)

STREET NAME: Speed, Sulph, Whizz.

DESCRIPTION:

White/cream crystalline powder.

DRUG EFFECT:

Speed is a strong stimulant and the effects last for 3 to 4 hours. It increases breathing and heart rate, lessens appetite and makes the pupils widen. Users tend to feel more alert, energetic, confident and not tired. With high doses people often experience a rapid flow of ideas and feel they have increased physical and mental powers. For some people, feelings of anxiety, irritability and restlessness are common. At higher doses speed can produce panic and paranoia.

STREET USE:

Speed is usually sniffed but can be eaten or injected.

DEPENDENCY:

Speed can cause a strong physical and psychological dependency.

WITHDRAWAL:

Withdrawal from amphetamine sulphate is divided into 2 phases - the immediate "crash" or rebound which lasts 2 to 3 weeks and is characterised by hunger, extreme fatigue and long periods of disturbed sleep. In the second phase heavy users become irritable and depressed (sometimes severely). The second phase can last weeks and sometimes months.

OVERDOSE RISK:

Death from overdose is possible with large doses but rare. Overdose risk increases if speed is mixed with other drugs. Speed can also be very dangerous to use for people who have asthma or cardiovascular problems.

MAXIMUM LEGAL PENALTIES:

	<i>Rep. of Ireland</i>	<i>Northern Ireland</i>
<i>Possession:</i>	7 years and/or unlimited fine	5 years and/or unlimited fine
<i>Supply:</i>	14 years and/or unlimited fine	14 years and/or unlimited fine





Anabolic Steroids

STEROIDS (ANABOLIC/ANDROGENIC)

STREET NAME: Roids, Juice.

BRAND NAME: Nandrolone, Restandol, Striant, Sustanon.

DESCRIPTION:

Anabolic/androgenic steroids are prescription-only medicines and are available in pill, capsule and injectable forms. Anabolic/androgenic steroids are also produced illegally in some countries in pill and injectable forms. They are usually referred to as anabolic steroids for ease of use.

DRUG EFFECT:

Anabolic steroids are used to build muscle mass, improve physical appearance and enhance performance. Regular users report feelings of increased confidence after use. Anabolic steroids are not to be confused with corticosteroids which are used to treat asthma, arthritis and reduce swelling.

STREET USE:

Swallowed or injected directly into the muscle.

STREET FORM:

Injectable liquid, capsule or pill.

THERAPEUTIC USE:

Anabolic steroids are used to treat conditions that occur when the body produces abnormally low amounts of testosterone, such as delayed puberty, some types of impotence and other diseases that result in loss of lean muscle mass.

WITHDRAWAL:

After stopping using steroids, some people experience symptoms of depressed mood, fatigue, restlessness, loss of appetite, insomnia, reduced sex drive, headache, muscle and joint pain, and the desire to take more anabolic steroids.

LONGTERM USE:

There are a number of physical and psychological side effects from long term use of steroids including balding, breast enlargement and impotence in men and deepening of the voice, shrinking of breasts and growth of body hair in women. Anabolic steroid use is also linked to liver cancer and increased levels of aggression and violence known as 'roid rage' in both sexes.

LEGAL RESTRICTIONS:

Although anabolic steroids are not controlled by the Misuse of Drugs Acts in the Rep of Ireland or in Northern Ireland they are illegal to share/supply to another person. Anabolic steroids are to be sold only by pharmacists with a doctor's prescription. It's legal to possess steroids as a medicinal product for personal use. However, possession for supply/sharing is illegal and could lead to 14 years in prison and an unlimited fine.



TOBACCO

STREET NAME:

Cigs, fags, roll-ups.

DESCRIPTION:

Tobacco is available in dried and cured forms. It contains nicotine and almost 4000 chemicals of which 60+ are known to cause cancer including tar, arsenic, ammonia, acetone, formaldehyde, cyanide, methanol, benzene and toluene.

DRUG EFFECT:

Nicotine is the predominant psychoactive drug in tobacco. It initially acts as a stimulant, but effects of both stimulation and relaxation may be felt. It is also associated with feelings of pleasure.

STREET USE:

Tobacco can be legally purchased as cigarettes in packets or by weight for roll-ups and pipe. The smoke is usually inhaled although tobacco leaves can be chewed.

WITHDRAWAL:

Withdrawal effects include cravings, irritability, anxiety, poor concentration, restlessness, sleep disturbances, light-headedness, decreased heart rate and increased appetite or weight gain and sometimes depression.

DEPENDENCY:

Nicotine can cause a very strong physical and psychological dependency. Users find there is a lot of habit attached to smoking. Most smokers develop a dependency and smoke daily.

LONG TERM USE:

Tobacco use is a major risk of multiple types of cancer and causes 30% of all cancers, heart disease, respiratory disease, circulatory disease, reduced fertility. Smoking in pregnancy can lead to complications e.g. miscarriage and stillbirth, also illness in early infancy. Smokers lose an average of 10 – 15 years of potential life and half of regular smokers will eventually die from their tobacco use.

OVERDOSE

There are no reports of death related to tobacco overdose.

MAXIMUM LEGAL PENALTIES:

It is illegal to sell tobacco to anyone under 18 years of age in both Rep of Ireland and N. Ireland.



VOLATILE SUBSTANCES (Solvents)

There are 4 categories of volatile substances;

- (1) adhesives & glues
- (2) aerosols
- (3) cleaning and degreasing agents
- (4) a miscellaneous group of fire extinguishers, gas lighter fuels and petrol.

DRUG EFFECT:

Vapours from volatile substances pass rapidly from the lungs to the brain causing depression of the central nervous system. Effects are similar to drunkenness and occur within 2-3 minutes. Feelings of euphoria are very common and some users report hallucinations. If inhalation (sniffing) continues there is further depression of central nervous system, which leads to loss of awareness, judgement and muscular co-ordination and eventual coma. The intoxicating effects last for 15-60 minutes after sniffing ceases. Sniffers often report a mild 'hangover' for up to a day after use.

STREET USE:

Vapours from volatile substances are usually inhaled directly from their containers or from plastic bags or from a cloth that has been soaked in the substance.

DEPENDENCY:

There is a small risk of psychological dependency but as tolerance tends to develop quickly people tend to use solvents for a relatively short period of time.

WITHDRAWAL:

Severe headaches and mood swings are commonly reported.

OVERDOSE RISK:

Every year it is estimated that there are 10 to 15 deaths in Ireland linked directly to the toxic effects of inhaling volatile substances. There are a number of others deaths caused by a combination of accidents, inhalation of vomit and suffocation caused by losing consciousness while using a plastic bag to inhale solvents.

LEGAL STATUS:

Solvents are not covered under the Misuse of Drugs Acts in Northern Ireland or the Republic of Ireland. However it is an offence for a retailer to sell or supply adhesives to anyone under 18 years of age if solvent abuse is suspected. In Northern Ireland it is an offence to supply gas lighter refills to young people under the age of 18 years.



Drugs and the law

The Misuse of Drugs Acts 1977 & 1984 (Republic of Ireland).

The Misuse of Drugs Acts are intended to prevent the non-medical use of drugs. For this reason the Acts control not just medicinal drugs but also drugs with no current medical use. The Acts outline the penalties for unlawful possession, supply and trafficking in prescription and non-prescription drugs.

Schedule 1 lists mainly hallucinogenic and illegal drugs including ecstasy and LSD. These drugs cannot be prescribed by doctors or sold in pharmacies.

Schedule 2 lists those drugs which may be used for medical purposes but which are regarded as particularly dangerous if misused. The list consists of opiates, amphetamines and related stimulants. Any of these drugs can be legally obtained when prescribed by a doctor, dentist or veterinary surgeon and supplied by a pharmacist.

Schedule 3 lists drugs to which stringent controls and record keeping requirements apply. It contains certain dependence producing sedatives some painkillers and some appetite suppressants.

Schedule 4 lists various minor tranquillisers and preparations of phenobarbitone containing less than 100 mgs.

Schedule 5 lists certain preparations of controlled drugs to which the restrictions on possession do not apply. These are usually over the counter medications such as cough bottles and anti-diarrhoea products that contain opiates.

Under the Acts, a person commits an offence if, being the occupier or concerned in the management of any premises, he knowingly permits the production or supply of drugs to take place on the premises.

Below is a table containing information on the maximum penalties that can be imposed for breaches of the Misuse of Drugs Acts.

Drug schedule	Possession	Supply
Schedule 1	7 years + unlimited fine	Life + unlimited fine
Schedule 2	5 years + unlimited fine	14 years + unlimited fine
Schedule 3	2 years + unlimited fine	14 years + unlimited fine
Schedule 4	Range of fines	Range of fines
Schedule 5	Range of fines	Range of fines

The Misuse of Drugs Act 1971 (Northern Ireland).

The Misuse of Drugs Act (1971) that applies in Northern Ireland is similar to the laws that apply in the Republic of Ireland inasmuch as it aims to control the non-medical use of prescribed and non-prescribed drugs. The obvious difference is that it is divided into three classes as opposed to five schedules.

Class A: These include cocaine and crack (a form of cocaine), ecstasy, heroin, LSD, methadone, processed magic mushrooms and any Class B drug which is injected.

Class B: These include amphetamine, barbiturates, and codeine.

Class C: These include mild amphetamines, anabolic steroids and minor tranquillisers and cannabis (in resin, oil or herbal form).

Under the Act, a person commits an offence if, being the occupier or concerned in the management of any premises, he knowingly permits the production or supply of drugs to take place on the premises.

Below is a table containing information on the maximum penalties that can be imposed for breaches of the Misuse of Drugs Act.

Drug class	Possession	Supply
Class A	7 years + fine	Life + fine
Class B	5 years + fine	14 years + fine
Class C	2 years + fine	14 years + fine

N.B. Certain controlled drugs such as amphetamines, barbiturates, methadone, minor tranquillisers and occasionally heroin can be obtained through a legitimate doctor's prescription. In such cases their possession is not illegal.

DOPING IN SPORT

Under the Irish Sports Council Act 1999 the Council was given the task of combating doping in sport. This led to the establishment of the Irish Sport Anti-Doping Programme, which was launched in the autumn of 1999.

The GAA fully support the position of the Irish Sports Council in their stance against the methods and drugs used by some athletes to enhance their sports performance.

For more information on see the Irish Sports Council website at www.irishsportsCouncil.ie or for further information on the anti-doping see the World Anti-Doping Agency website on www.wada-ama.org

SECTION FOUR

ALCOHOL

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How Does It Affect the Body?

Most people drink because they enjoy how it makes them feel. The majority of people drink socially and are responsible when they use alcohol.

In very small amounts, alcohol can help a person feel more relaxed or less anxious. In larger amounts alcohol causes greater changes in the brain, resulting in intoxication. People who have consumed larger amounts of alcohol may stagger, lose their coordination and slur their speech. They will probably be confused and disoriented. Reaction times are slowed dramatically, which is why it is dangerous to drink and drive. People who are intoxicated may think they're moving properly when they're not. They may act totally out of character. Depending on the person, intoxication can make someone very friendly and talkative or very aggressive and angry. It is often the people who are normally quiet and friendly who become loud and aggressive when drunk and those who would normally be anxious or hyperactive often become quieter and more relaxed after drinking.

Why Do Teenagers Drink?

From a very young age, children see alcohol as an integral part of Irish society and therefore alcohol seems harmless to many teenagers. Experimentation with alcohol during the teen years is common. Some reasons that teens use alcohol (and other drugs) are:

- curiosity
- to feel good
- to reduce stress
- to relax
- to fit in
- to feel older

What can I do?

If you know or suspect a teenager is drinking -

- Ask them not to drink. Teenagers like to know what the rules are.
- Suggest alternatives to them, such as minerals, non-alcoholic beers or wines.
- Drop them off and pick them up from where they are likely to go drinking. Most underage drinking is done before and after going to a match/disco/concerts.
- Wait up for them. If the teenager knows they will have to face you or another adult at the end of the night they may drink much less, if at all.
- Tell them never to:
 - leave a drink around where it could be spiked
 - mix drugs and alcohol
 - drive after drinking or using drugs
 - accept a lift from someone who has been drinking or using drugs
 - leave a party or club alone

Alcohol and The Law

There are a number of laws relating to the sale and use of alcohol. Below is a list of the laws that are most commonly misunderstood.

Alcohol laws in the Republic of Ireland

- It is an offence to knowingly sell alcohol to a person under 18 years of age.
- It is an offence for a person under 18 to purchase alcohol.
- It is an offence for a person under 18 to represent themselves as being over 18 in order to obtain alcohol.
- It is an offence for a person under 18 to consume alcohol except with the explicit consent of their parent/guardian in a private residence.
- Children under 15 may be in the bar of a licensed premises only if accompanied by a parent/guardian, but not after 9 pm.
- Young people aged 15-17 may be in the bar of a licensed premises unaccompanied, but not after 9 pm.
- Children under 15 accompanied by a parent/guardian and/or young people aged 15-17 may be in the bar of a licensed premises after 9 pm if attending a private function where a substantial meal is being served e.g. a wedding reception.
- It is an offence to serve alcohol to a person who is drunk.

Alcohol laws in Northern Ireland

- It is an offence to knowingly sell alcohol to a person under 18 years of age.
- It is an offence to give alcohol to a child under 14 years of age.
- In some areas there are by-laws restricting drinking of alcohol on the streets at any age.
- Police have the power to confiscate alcohol from under 18s who drink in public places.
- It is an offence for any person to allow a person whom they know to be drunk to be present in, or to buy or consume alcohol in a licensed premises.
- It is an offence for anyone to buy alcohol for someone under 18 to drink on licensed premises.
- It is an offence for anyone to buy, consume or supply alcohol in licensed premises outside the permitted opening hours
- It is an offence for anyone to be drunk in licensed premises

Check your drinking

Many people secretly wonder if their drinking is a problem. The questionnaire on the next page will give you a good idea if your drinking is harmful to you or the people around you. It might be best if you do this privately and it is important that you answer all the questions honestly. Place the score that best describes your answer at the end of each line in the Sub Total box and add them up in the Final Total box at the bottom. On the following page you can check how these scores relate to you.

In this questionnaire a "drink" is...

- a half a pint of beer
- a single measure of spirits
- a small glass of wine
- a spirit-based drink e.g. Smirnoff Ice

Pints and cans of beer count as two drinks.

A bottle of wine at 12.5% alcohol contains about seven standard drinks.



1 standard drink contains 10g of pure alcohol

1 Standard Drink = 1/2 Pint Beer = Single Measure Spirit = Small Glass Wine

Scores	0	1	2	3	4	Sub Total
How often do you have a drink containing alcohol?	Never	Monthly or less	2-4 times a month	2-3 times a week	4 or more times a week	
How many drinks containing alcohol do you have on a typical day when you are drinking?	1 to 3	3 or 4	5 or 6	7 to 9	10 or more	
How often do you have six or more drinks on one occasion?	Never	Less than Monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you found that you were not able to stop drinking once you started?	Never	Less than Monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you failed to do what was normally expected of you because of drinking?	Never	Less than Monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?	Never	Less than Monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than Monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you been unable to remember what happened the night before because of your drinking?	Never	Less than Monthly	Monthly	Weekly	Daily or almost daily	
Have you or someone else been injured because of your drinking?	No		Yes, but not in the last year		Yes, during the last year	
Has a relative, friend, doctor or other health care worker been concerned about your drinking or suggested that you cut down?	No		Yes, but not in the last year		Yes, during the last year	
© World Health Organisation						FINAL TOTAL:

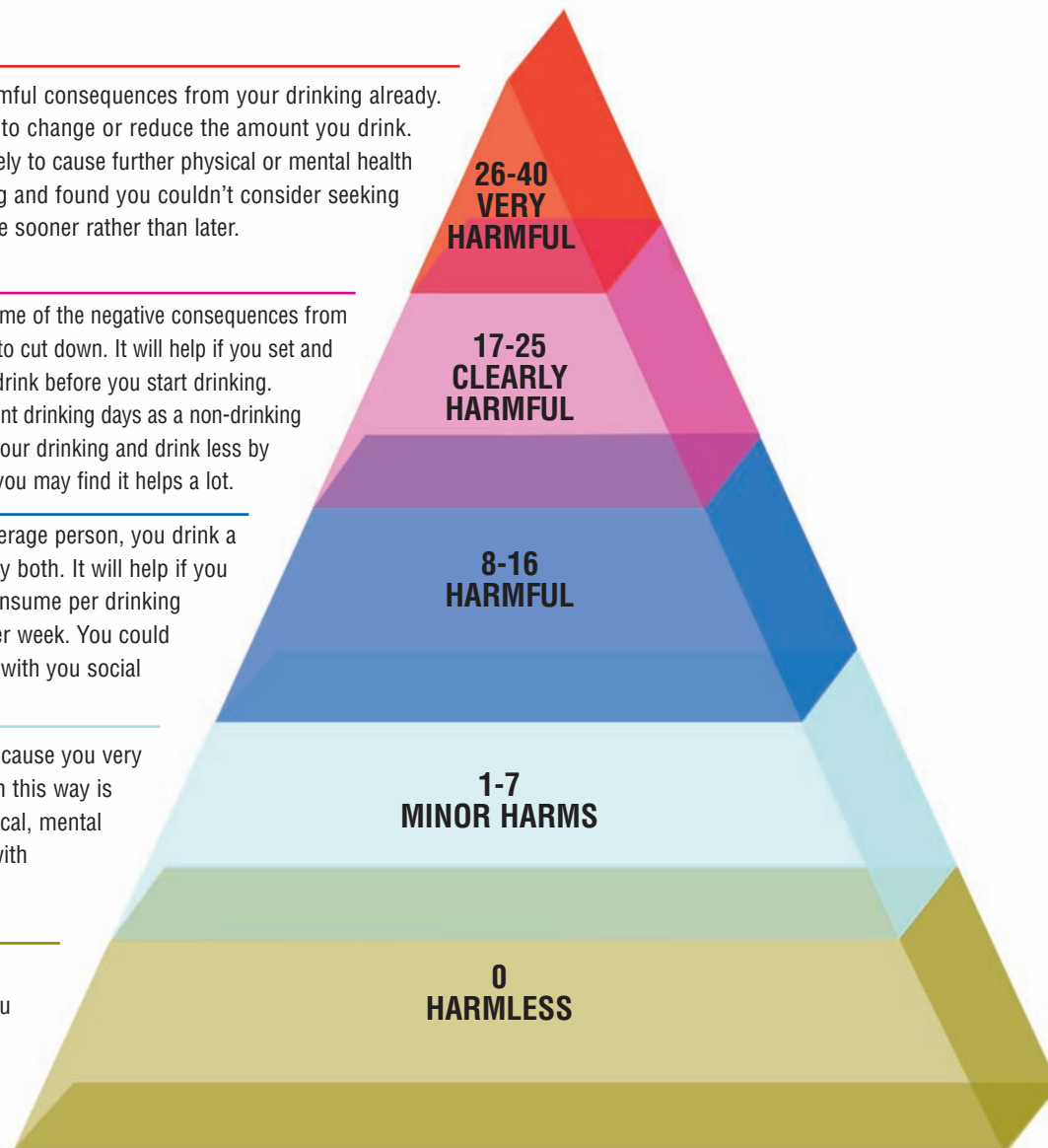
You probably have experienced harmful consequences from your drinking already. You may have unsuccessfully tried to change or reduce the amount you drink. Continuing to drink in this way is likely to cause further physical or mental health problems. If you have tried stopping and found you couldn't consider seeking help from your GP or alcohol service sooner rather than later.

You may have already experienced some of the negative consequences from drinking and are aware of some need to cut down. It will help if you set and stick to limits on how much you will drink before you start drinking. Setting aside at least one of your current drinking days as a non-drinking day will help. Also if you slow down your drinking and drink less by alternating with non-alcoholic drinks you may find it helps a lot.

Your score indicates that, for the average person, you drink a little too much, too often, or possibly both. It will help if you reduce the number of drinks you consume per drinking occasion and/or drink fewer days per week. You could probably do this without interfering with your social life in any significant way.

You are in the range that is likely to cause you very few problems. Continuing to drink in this way is going to help you to avoid the physical, mental and social problems that go along with heavier drinking.

Congratulations, you scored in the lowest risk range. This means that you are either abstaining from alcohol or keeping your drinking well within the established limits. Continuing to drink in this way is the healthiest possible way to approach alcohol.



The scores given above may be helpful for you to get a handle on your drinking and to decide if you need to change it in any way.

Most people who decide to change their drinking habits do so by themselves without any help.

If you do decide to change how you are drinking and want some advice on how to do it. You could speak to your GP or use one of the many services that are listed in the "Where To Get Help" section of this manual.

Remember, no-one else can make this decision for you. It is completely up to you.

SECTION FIVE

WHERE TO GET HELP

A 32-county directory of drug and alcohol agencies.

Where to get help - index

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<p>NATIONAL Alanon/Alateen – N. Ireland Tel.: 020 7403 0888 alanonuk@aol.com www.al-anonuk.org.uk Al-Anon Info Centre, Peace House 224 Lisburn Road, Belfast, BT9 6GE.</p> <p>A fellowship of people whose lives have been or are being affected by other peoples drinking. Alanon and Alateen hold weekly meetings all over Ireland.</p>	<p>NATIONAL Alanon/Alateen - Rep of Ireland Tel.: 01 8732699 Al Anon/Alateen Information Centre 5/6 Capel Street, Dublin 1.</p> <p>A fellowship of people whose lives have been or are being affected by other peoples drinking. Alanon and Alateen hold weekly meetings all over Ireland.</p>
<p>NATIONAL Alcoholics Anonymous – N. Ireland Tel.: 028 90434848 www.alcoholicsanonymous.ie 7 Donegal Street Place, Belfast, BT1 2FN County Antrim.</p> <p>A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Requirement for membership? - a desire to stop drinking.</p>	<p>NATIONAL Alcoholics Anonymous, Rep of Ireland Tel.: 01 4538998 ala@indigo.ie www.alcoholicsanonymous.ie 109 South Circular Road, Leonard's Corner, Dublin 8.</p> <p>A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Requirement for membership? - a desire to stop drinking.</p>
<p>NATIONAL Drug Helpline – N. Ireland Freephone: 0800 77 66 00</p> <p>Provides information on drugs and how to contact the most appropriate services in your local area.</p>	<p>NATIONAL Drug Helpline – Rep. of Ireland Freephone: 1800 459 459</p> <p>Providing free and confidential guidance to anyone concerned with drug use or HIV infection. Offers information on drugs, HIV testing, safer sex and sexually transmitted infections.</p>
<p>NATIONAL Narcotics Anonymous - N. Ireland Tel.: 07810 172991 www.nanorthernireland.com contact@nanorthernireland.com PO Box 543, Tomb St., Belfast, BT1 1AA.</p> <p>Community based organisation for recovering addicts. NA members learn from one another how to live drug-free and recover from the effects of addiction in their lives. Requirement for membership? - a desire to stop using drugs.</p>	<p>NATIONAL Narcotics Anonymous Rep of Ireland Tel.: 01 6728000 www.na.ireland.org Narcotics Anonymous Ireland, 4/5 Eustace Street, Dublin 2.</p> <p>Community based organisation for recovering addicts. NA members learn from one another how to live drug-free and recover from the effects of addiction in their lives. Requirement for membership? - a desire to stop using drugs.</p>

NATIONAL

Drugs Awareness Programme

Tel.: 01 836 0911
 www.dap.ie
 Red House,
 Cloniffe College,
 Drumcondra, Dublin 3.

Services Provided:

- Training and drug education • Support
- Counselling • Advocacy
- Confidential interactive website • Text service

NATIONAL

Aisling Group International (Charity)

Tel/Fax.: 046 9074300
 www.aislinggroup.ie
 friendsofaisling@eircom.net
 P.O. Box 26, Bradan House, Navan.

- Services Provided:
- Counselling / Recovery programme
 - Nationwide referral service
 - Drug / Alcohol training/education
 - Community Group dev.
 - Drug policy dev.
 - Family / Organisation Support
 - Safe Passage and Early Intervention programmes.


ASAP Website and DVD



In addition to the professional services available throughout Ireland, the GAA also provide further guidance on alcohol and other drug related issues on www.gaa.ie/asap

The **Club Matters DVD** gives guidance on how to respond to these issues in your club. To get a copy of the DVD for your club, please contact Alcohol & Substance Abuse Prevention (A.S.A.P.) Programme, Gaelic Athletic Association, Connacht Council Office, Clare Street, Ballyhaunis, County Mayo.

Ph. (094) 9631804 Fax (094) 9630175
bmurphy@clg.gaa.ie


<p>ANTRIM</p> 	<p>ANTRIM</p> <p>Antrim Youth Information Centre Tel.: 028 9442 9844 www.ayic.co.uk ayic@antrim.gov.uk 10a High Street, Antrim, BT41 4AN.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Information and education • Counselling for those aged 8-26 years who have been affected by drugs, alcohol and other youth-related issues
<p>ANTRIM</p> <p>Ballymena Family and Addicts Support Group Tel.: 028 2563 2726 www.bfasg.org.uk 60-64 Mill Street, Ballymena, BT43 5AF.</p>	<p>ANTRIM</p> <p>Carlisle House Addiction Unit Tel.: 028 9032 8308 2-4 Henry Place, Clifton Street, Belfast, BT15 2BB.</p>
<p>Services Provided:</p> <ul style="list-style-type: none"> • Advice & Information • Counselling • Complementary therapies • Aftercare • Self help • Drop-in services • Education & prevention programmes (18+) 	<p>Services Provided:</p> <ul style="list-style-type: none"> • Residential • Counselling (group and individual) • Advice • Support • Accommodation • Education • Helpline
<p>ANTRIM</p> <p>CHILL Project Tel.: 028 9032 0092 139 Ravenhill Road, Belfast, BT6 8DR.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Advice • Education • Helpline • Social education • Peer education • Consultation/information for parents, family members and friends 	<p>ANTRIM</p> <p>Carrickfergus Community Drug & Alcohol Advisory Group Tel.: 028 9335 1562 www.cddaag.org office@cddaag.org 4 Cheston Street, Carrickfergus, BT38 7BH.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Training • Education and prevention
<p>ANTRIM</p> <p>CHILL Project Tel.: 028 9043 5810 30-34 Hill Street, Belfast, BT1 2LB.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Peer education • Mentoring • Advice • Support • Training the trainers • Residential • Youth advice centre 	<p>ANTRIM</p> <p>Community Addiction Service Tel.: 028 2565 8462 Cullybackey Rd, Ballymena, BT43 5DT.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Advice & Information • Individual and Group Counselling • Blood Borne Viruses testing / screening • Hepatitis B immunisation • Community detoxification • In-patient detoxification/ treatment • Education & prevention programmes • Day programmes

<p>ANTRIM</p> <p>Community Addiction Team, North & West Belfast Trust Tel.: 028 9056 6057 Everton Complex, Crumlin Road, Belfast, BT14 7GB.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Training • Treatment • Support and counselling • Education and prevention • Statistics and Research 	<p>ANTRIM</p> <p>Community Drug Programme Tel.: 028 9020 2030 fra@fallscouncil.com www.fallscouncil.com 275-277 Falls Road, Belfast, BT12 6FD.</p> <p>Services Provided</p> <ul style="list-style-type: none"> • Training • Support and counselling • Education and prevention • Community development
<p>ANTRIM</p> <p>Down and Connor Pioneer Association Tel.: 028 9049 2424 511 Ormeau Road, Belfast, BT7 3GS.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Advice • Education • Self help 	<p>ANTRIM</p> <p>Drug Outreach Team Tel.: 028 90500 012 South Belfast Partnership Board, 18 Mount Charles, Belfast, BT7 1NZ.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Mobile outreach service specifically targeting opiate users aiming to reduce harm • Family and Friends support group
<p>ANTRIM</p> <p>Drugs Project (NIACRO) Tel.: 028 9032 0157 www.niacro.co.uk niacro@niacro.co.uk Amelia House, 4 Amelia Street, Belfast, BT2 7GS.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Training • Education and prevention 	<p>ANTRIM</p> <p>Dunlewy Substance Advice (NI) Ltd. Tel.: 028 9074 3999 228 Antrim Road, Belfast, BT15 2AN.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Advice • Support • Education • Personal development courses • Counselling skills • Talks on substance abuse • Community based education/literature and education/prevention programmes
<p>ANTRIM</p> <p>Forum for Action on Substance Abuse (FASA). Tel.: 028 9080 3040 www.fasaonline.org info@fasaonline.org Bingham House, 16 Woodvale Road, Belfast, BT13 3BS.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Training • Treatment • Statistics and Research • Support and counselling • Education • Community development 	<p>ANTRIM</p> <p>Holywell Hospital Tel.: 028 2565 8462 60 Steeple Road, Antrim, BT41 2RJ.</p> <p>Services Provided: • Advice & Information</p> <ul style="list-style-type: none"> • Individual and Group Counselling • Blood Borne Viruses testing / screening • Hepatitis B immunisation • Community detoxification • In-patient detoxification/ treatment • Education & prevention programmes • Day programmes

SECTION FIVE -
WHERE TO GET HELP



<p>ANTRIM</p> <p>Homefirst Community Trust Addiction Services Tel.: 028 2563 5575 www.homefirst.n-i.nhs.uk Spruce House, Cushendall Road, Ballymena, BT43 6HQ.</p> <p>Services Provided: • Support and counselling • Education and prevention</p>	<p>ANTRIM</p> <p>Homefirst Community Trust Addiction Services Tel.: 028 2563 1970 www.homefirst.n-i.nhs.uk enquiries.cas@homefirst.n-i.nhs.uk 105a Railway Street, Ballymena, BT42 2AF.</p> <p>Services Provided: • Training • Treatment • Support and counselling • Education and prevention</p>
<p>ANTRIM</p> <p>Homefirst Community Trust Addiction Services Tel.: 028 2565 8462 www.homefirst.n-i.nhs.uk enquiries.cas@homefirst.n-i.nhs.uk 1 Parkmore Drive, Cullybacky Road, Ballymena, BT43 5DT.</p> <p>Services Provided: • Treatment • Support and counselling • Education and prevention</p>	<p>ANTRIM</p> <p>Living Rivers Beach House Tel.: 028 2565 4700 lrbeachhouse@fiscali.co.uk 22 Linenhall Street, Ballymena, BT43 5AL.</p> <p>Services Provided: • Advice and information • Onward Referral • Residential Rehabilitation • Aftercare • Education and prevention</p>
<p>ANTRIM</p> <p>NIACRO www.niacro@cinni.org Tel.: 028 9032 0157 169 Ormeau Road, Belfast, BT7 1SQ.</p> <p>Services Provided: • Advice and information • Onward Referral • Outreach Services</p>	<p>ANTRIM</p> <p>Northern Ireland Community Addiction Service Tel.: 028 9066 4434 40 Elmwood Avenue, Belfast, BT9 6AZ.</p> <p>Services Provided: • Counselling • Advice • Support • Education • Creche facilities</p>
<p>ANTRIM</p> <p>Northern Ireland Community Addiction Service (NICAS) Tel.: 028 9073 1602 nicas.albertbridge@virgin.net 219 Albertbridge Road, Belfast, BT5 4PU.</p> <p>Services Provided: • Drug/alcohol counselling for adults • Family counselling and advice • Drug/alcohol education and training</p>	<p>ANTRIM</p> <p>Northern Ireland Community Addiction Service (NICAS) Tel.: 028 9033 0499 461 Falls Road, Belfast.</p> <p>Services Provided: • Drug/alcohol counselling for adults • Family counselling and advice • Drug/alcohol education and training</p>

<p>ANTRIM</p> <p>Parents Advice Centre (Ballymena) Tel.: 028 2565 0102 www.pachelp.org ballymena@pachelp.org 75 Wellington Street, Ballymena, BT43 6AD.</p> <p>Services Provided: • Support and counselling</p>	<p>ANTRIM</p> <p>Parents Advice Centre (Belfast) Tel.: 028 9031 0891 www.pahelp.org belfast@pachelp.org Franklin House, 12 Brunswick Street, Belfast, BT2 7GE.</p> <p>Services Provided: • Support and counselling</p>
<p>ANTRIM</p> <p>Re-solv Tel.: 028 9070 2493 www.re-solv.org Graham House, Knockbracken, Healthcare Park, Saintfield Road, Belfast, BT8 8BH.</p> <p>Services Provided: • Education and Prevention</p>	<p>ANTRIM</p> <p>Rosemount House Tel.: 028 9074 2776 294 Antrim Road, Belfast, BT15 5AA.</p> <p>Services Provided: • Advice • Support • Accommodation • Self help • Helps clients to find permanent accommodation</p>
<p>ANTRIM</p> <p>Shaftsbury Square Hospital Tel.: 028 9032 9808 116-120 Great Victoria St., Belfast, BT2 7BG.</p> <p>Services Provided: • Counselling • Advice • Detox • Support • Group work • Education • Helpline • Self-help groups for relatives • AA meetings • Education groups • Aftercare groups • Narcotics Anonymous • Relapse prevention programmes • Beginners discussion group</p>	<p>ANTRIM</p> <p>South and East Belfast Community Addiction Team Tel.: 028 9045 0997 South & East Belfast HSS Trust, 1-15 Woodstock Link, Belfast, BT6 8AE.</p> <p>Services Provided: • Counselling • Advice and support • Home detox • Relapse management • Relative support • Education group • Home visits</p>
<p>ANTRIM</p> <p>Threshold (Drug Outreach Service) Tel.: 079 7001 2670 info@thresholdservices.com www.thresholdservices.com 60-64 Mill Street, Ballymena, BT43 5AF.</p> <p>Services Provided: • Support for drug users • Advice on harm reduction • Onward referral if necessary</p>	<p>ANTRIM</p> <p>West Belfast Parent Youth Support Group Tel.: 028 9023 6669 141-143 Falls Road, Belfast, BT12 6AP.</p> <p>Services Provided: • Support and counselling • Education and prevention</p>

<p>ARMAGH</p> 	<p>ARMAGH</p> <p>Addiction Services Tel.: 028 3752 2381, ext 2147 addictionunit@adhsst.n-i.nhs.uk St Luke's Hospital, Loughgall Road, Armagh, BT61 7NQ.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Training • Treatment • Support and counselling • Education and prevention
<p>ARMAGH</p> <p>Breakthru Tel.: 028 37 515459 mail@breakthru.co.uk 1st Floor, 34 Abbey Street, Armagh, BT61.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Community Development • Education • Information • Targeted programmes • Work with parents • Accredited training • Onward referral 	<p>ARMAGH</p> <p>Young Person's Project (YPP) Tel.: 028 3839 1155 yppservice@cbct.n-i.nhs.uk 2 Old Lurgan Road, Portadown, BT63 5SG.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Support and counselling • Education and prevention • Community development



<p>CARLOW</p> 	<p>CARLOW</p> <p>Carlow / Kilkenny Substance Misuse Team Tel.: 056 778 4638 Kickam Street, Kilkenny.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Drug Treatment • Methadone Prescription
<p>CARLOW</p> <p>County Carlow Drugs Initiative Carlow Regional Youth Services Tel.: 059 9140616 11 Kennedy Street, Carlow.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Information & support • Parent & family support • Drug education • Peer education 	<p>CARLOW</p> <p>HSE Alcohol & Addiction Services Tel.: 059 91 36301 St. Dymphna's Hospital, Carlow.</p> <p>Services Provided</p> <ul style="list-style-type: none"> • Inpatient treatment • Outpatient treatment • Aftercare • Counselling • Advisory Services • Treats alcohol, drugs, gambling and prescription drug addiction in adults
<p>CARLOW</p> <p>St Francis Farm Tel.: 059 9151369 Beaumont House, Tullow, Co. Carlow.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • 1 year Residential Programme • Treatment for former long term drug users 	
<p>CAVAN</p> 	<p>CAVAN</p> <p>Cavan/Monaghan Drug Awareness Tel.: 042 966 6983 Henry Street, Bailieborough, Co. Cavan.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Addiction Counselling for individuals/families • Family Support • Education/Awareness Programmes • Auricular Acupuncture • Provision of literature

<p>CLARE</p> 	<p>CLARE</p> <p>Bushypark Treatment Centre Tel.: 065 684 0944 Ennis, Co. Clare.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient treatment • Aftercare • Counselling and advisory services for adults
<p>CLARE</p> <p>Clarecare Tel.: 065 682 8178 Harmony Row, Ennis, Co. Clare.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient treatment • Aftercare • Counselling and advisory services for adults 	<p>CLARE</p> <p>Clare Community Drug and Alcohol Service Tel.: 065 6869852 Museum House, France Street, Ennis, Co. Clare.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Information and advice • Outreach work
<p>CLARE</p> <p>Ennistymon Day Hospital Tel.: 065 7071611 Ennis Road, Ennistymon, Co. Clare.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient treatment • Aftercare • Counselling and advisory services for adults 	<p>CLARE</p> <p>Kilrush Day Hospital Tel.: 065 9054100 West Clare Mental Health Services, St. Joseph's Terrace, Kilrush, Co. Clare.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Medication • Education
<p>CLARE</p> <p>Our Lady's Day Hospital Tel.: 065 682 1414 Gort Road, Ennis, Co. Clare.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient treatment • Aftercare • Counselling and advisory services for adults 	<p>CORK</p> 

CORK

Anchor Treatment Centre Limited

Tel.: 022 42559
 anchorcentre@eircom.net
 Spa Glen, Mallow, Co. Cork.

Services Provided:

- Outpatient Counselling for adults/adolescents
- Aftercare
- Advisory Services
- Employee Assistance Programme

CORK

Arbour House Treatment Centre

Tel.: 021 4968933
 St. Finbar's Hospital,
 Douglas Road, Cork.

Services Provided:

- Outpatient Counselling for adults/adolescents
- Aftercare
- Advisory Services
- Employee Assistance Programme

CORK

Matt Talbot Adolescent Services

Tel.: 021 4896400
 mtas@eircom.net
 Rockview, Trabeg Lawn,
 Douglas, Cork.

Services Provided:

- Treatment for boys under 18
- Individual and family counselling

CORK

Tabor Lodge Treatment Centre


Tel.: 021 4887110
 Ballindeasig, Belgooly,
 Co. Cork.


Services Provided:

- Inpatient treatment
- Aftercare
- Halfway House • Counselling
- Advisory Services
- Employee Assistance Programme



<p>DERRY</p> 	<p>DERRY</p> <p>Clarendon Medical Health Centre (Addiction Clinic) Tel.: 028 7186 5239 35 Northland Avenue, Derry, BT48 7JW.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Drug/alcohol assessments • One-to-one counselling • Family work where suitable • Outreach clinics in various locations throughout Foyle Trust area
<p>DERRY</p> <p>Divert Project Tel.: 028 7126 9327 / 028 7127 3973 divert@freederry.org Dove House Community Trust, 32 Meenan Square, Bogside, Derry City, BT48 9EX.</p> <p>Services Provided: • One-to-one mentoring • Education and prevention • Support for young people • Parents support</p>	<p>DERRY</p> <p>Foyle Health and Social Services Alcohol and Drug Service Tel.: 028 71865237 9am - 5pm www.foyletrust.n-i.nhs.uk Woodlea House, Gransha Park, Derry, BT47 6TF.</p> <p>Services Provided: • Drug/alcohol assessments • One-to-one counselling • Family work where suitable • Outreach clinics in various locations throughout Foyle Trust area</p>
<p>DERRY</p> <p>Hope UK Tel.: 028 7131 1425 19 Clearwater, Derry, BT47 6BE.</p> <p>Services Provided: • Counselling • Advice • Education</p>	<p>DERRY</p> <p>Northlands Centre Tel.: 028 7131 3232 Shepherds Way, Dungiven Road, Derry, BT47 2AL.</p> <p>Services Provided: • Counselling • Advice • Support • Family support • Residential treatment • Aftercare • Educational and preventative services</p>
<p>DERRY</p> <p>Old Library Trust Tel.: 028 7137 3870 www.olt.ie olt@olt.ie Old Library Trust, Central Drive, Creggan, Londonderry, BT48 9QG.</p> <p>Services Provided: • Support and counselling • Education and prevention</p>	<p>DERRY</p> <p>Parents Advice Centre Tel.: 028 7137 2006 www.pachelp.org derry@pachelp.org 65 Clarendon Street, Derry, BT48 7ER.</p> <p>Services Provided: • Support and counselling</p>

<p>DERRY</p> <p>SmaC Project Tel.: 028 7034 4934 8 Killowen Court, Coleraine, BT51 3TP.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Drug awareness • Peer leadership training 	<p>DERRY</p> <p>TIPSA (Teenagers Involved in Protecting Selves Around Alcohol) Tel.: 028 8676 3388 Gortalowry House, 94 Church Street, Cookstown, BT80 8HX.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Alcohol information to teenagers and their parents • Training for those working with young people
<p>DONEGAL</p> 	<p>DONEGAL</p> <p>HSE Community Alcohol and Drug Services Tel.: 074 9362529 Community Nursing Unit, Magin Avenue, Buncranagh, Co. Donegal.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Self referral • Onward referral if necessary • Treats alcohol, drugs and gambling addictions
<p>DONEGAL</p> <p>HSE Alcohol and Substance Counselling & Advisory Service Tel.: 074 9128769 9 St. Eunan's Court, Convent Rd, Letterkenny.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • 30-day outpatient group therapy • Aftercare • Relapse prevention • Group and one-to-one counselling and advice • Treats alcohol, drugs and gambling addictions 	<p>DONEGAL</p> <p>HSE Alcohol and Substance Counselling & Advisory Service Tel.: 074 9721933 East End House, 18 Main Street, Donegal Town.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Drug/alcohol counselling • Advisory Service • Drug/alcohol education
<p>DONEGAL</p> <p>HSE Donegal Mental Health Services Tel.: 074 9521860 Psychiatric Service, Dungloe District Hospital, Dungloe, Donegal.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Self referral or by Doctor • Onward referral if necessary • Treats alcohol, drugs and gambling addictions 	<p>DONEGAL</p> <p>White Oaks Rehabilitation Centre Tel.: 074 9384400 whiteoaksrehabcentre@hotmail.com Muff, Co. Donegal.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • 37 day residential programme • One-to-one counselling • Individual treatment plans • Meditation • Self/family/professional referral • Family service • 2 year aftercare

<p>DOWN</p> 	<p>DOWN</p> <p>Addictions Unit Tel.: 028 4461 3311 Shimna House, Downshire Hospital, Ardglass Road, Downpatrick, BT30 6RA.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Four-week inpatient programme • Outpatient support for drug users • Family support
<p>DOWN</p> <p>ASCERT Tel.: 028 9260 4422 www.ascert.biz info@ascent.biz 23 Bridge Street, Lisburn, BT28 1XZ.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Training • Support and counselling • Education and prevention • Community Development 	<p>DOWN</p> <p>CODA Project Tel.: 028 9046 9261 www.codaproject.org 116 Castlereagh Street, Belfast, BT5 4NL.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Training courses • Advice and support to families • Education and prevention • Community development
<p>DOWN</p> <p>Comber Drugs Awareness Group (CODAG) Tel.: 028 9151 0275 / 028 9754 1506 LEC Centre, Ards Hospital, Church Street, Newtownards, BT23 4AD.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Education and prevention 	<p>DOWN</p> <p>Community Addiction Team Down Lisburn Trust Tel.: 028 9266 8607 TSL House, 38 Bachelor's Walk, Lisburn, BT28 1XZ.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Treatment • Support and counselling • Education and prevention
<p>DOWN</p> <p>Community Addiction Team Down Lisburn Trust Tel.: 028 4461 3311 ext 3263 Ward 15, Shimna House, Downshire Hospital, Ardglass Road, Downpatrick, BT30 6RA.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Treatment • Counselling • Education and prevention 	<p>DOWN</p> <p>Community Addiction Team Ulster Community and Hospital Trust Tel.: 028 9181 6666 marty.cardwell@ucht.n-i.nhs.uk 3 Church Street, Newtownards, BT23 4AN.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Treatment • Support and Counselling

Where to get help - Counties



DOWN

Cuan Mhuire
 Tel.: 028 30269121
 Newry,
 Co. Down.

- Services Provided:
- Inpatient treatment
 - Aftercare
 - Halfway House
 - Counselling and advice for adults/teens

DOWN

Know the Score Drug and Alcohol Project
 Tel.: 028 3025 7395
 knowthescore@hotmail.co.uk
 St John Bosco Youth Centre
 Chequer Hill, Newry, BT35 6DY.

- Services Provided:
- Training • Education and prevention
 - Statistics and Research
 - Community development

DOWN

REACT
 Tel.: 028 4176 9912
 ilovereact@aol.com
 www.dontblowit.org.uk
 2 Bridge Street, Killeel, BT34 4AD.

- Services Provided:
- Mentoring • Personal development
 - Essential skills training
 - Counselling
 - Drug and alcohol education and awareness
 - Career guidance

DUBLIN



Where to get help - Counties

<p>DUBLIN</p> <p>Addiction Response Crumlin Tel.: 01 4563111 arcrumlin@eircom.net 101 Cashel Road, Crumlin, Dublin 12.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Drugs Outreach • Counselling • Family Support 	<p>DUBLIN</p> <p>Ana Liffey Drug Project Tel.: 01 8786899 Freephone no. for clients: 1800 786 828 analiffey1@hotmail.com 48 Middle Abbey Street, Dublin 1.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient counselling • Advisory service • Group-work • Peer Training • Drop-in Centre • Aftercare
<p>DUBLIN</p> <p>Artane Drug Awareness Project Tel.: 01 818 7318 55 Gracefield Road, Artane, Dublin 5.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Teenage Drop-in club • Arts & Crafts • Sexual Health programme • Life Skills • Drug Awareness • Drama • Colour therapy • One-to-one counselling 	<p>DUBLIN</p> <p>Ballymun Youth Action Project Limited Tel: 01 8428071 byap@iol.ie Horizons Centre, Ballcurris Road, Ballymun, Dublin 11.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Education • Training
<p>DUBLIN</p> <p>Barrymore House Tel.: 01 8680608 217 North Circular Road, Dublin 7.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Aftercare • Alcohol education 	<p>DUBLIN</p> <p>City Wide Drugs Crisis Campaign Tel.: 01 836 5090 www.citywide.ie 175 North Strand Road, Dublin 1.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Support & Guidance for families of people with drug problems • Support and facilitate local groups
<p>DUBLIN</p> <p>Cluain Mhuire Service Tel: 01 2172100 www.sjog.ie Newtownpark Avenue, Blackrock, Co. Dublin.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Detoxification 	<p>DUBLIN</p> <p>Chrysalis Community Drug Project Tel.: 01 6705544 www.sjog.ie 27 Benburb Street, Dublin 7.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Advice • Family support





<p>DUBLIN</p> <p>Clondalkin Addiction Support Programme Tel.: 01 6238000 casp@iol.ie Ballyowen Meadows, Fonthill Road, Dublin 22.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Drugs Outreach • Detoxification • Family Support 	<p>DUBLIN</p> <p>Community Awareness of Drugs Tel.: 01 6792681 communityawareness@eircom.net www.cadaboutdrugs.ie 31 Central Hotel Chambers, Dame Court, Dublin 2.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Drug education • Training for parents, carers and community workers
<p>DUBLIN</p> <p>Coolmine Therapeutic Community Tel.: 01 6794822 / 6793765 coolhse@eircom.net Coolmine House, 19 Lord Edward Street, Dublin 2.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Education • Aftercare 	<p>DUBLIN</p> <p>Crosscares Drug & Alcohol Programme Tel.: 01 836 0911 www.dap.ie Red House, Cloniffe College, Drumcondra, Dublin 3.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Training and drug education • Support • Counselling • Advocacy • Confidential interactive website • Text service
<p>DUBLIN</p> <p>D.R.O.P. Tel.: 01 280 3187 theafternoonprogramme@eircom.net 45 Upper Georges Street, Dun Laoghaire, Co. Dublin.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Drop in treatment centre • Counselling • Outreach service • Rehabilitation facilities 	<p>DUBLIN</p> <p>Drug Treatment Centre Board Tel.: 01 6488600 info@dtcb.ie Trinity Court, 30/31 Pearse Street, Dublin 2.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient treatment • Outpatient treatment • Aftercare programmes for drug users • Advisory service to professionals • Advice for parents and teachers

<p>DUBLIN</p> <p>FAST (Finglas Addiction Support Team) Tel.: 01 8110595 fast_ltd@eircom.net St Helenas Resource Centre, St Helenas Rd., Finglas.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Drop-in service • Family support • Prison visits • Info on drugs and alcohol • Massage, reiki & acupuncture Aftercare support group • Cocaine service 	<p>DUBLIN</p> <p>Hanly Centre Tel.: 01 2809795 info@thehanlycentre.com www.thehanlycentre.com Eblana Mews, Eblana Avenue, Dun Laoghaire.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Alcohol assessments • Counselling • Group therapy
<p>DUBLIN</p> <p>HSE Alcohol Treatment Unit Tel.: 01 6607838 Baggot Street Community Hospital, 18 Upper Baggot Street, Dublin 4.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Individual Counselling • Assessment • Aftercare 	<p>DUBLIN</p> <p>HSE Baggot Street Addiction Centre Tel.: 01 660 2189 Freephone: 1800 201 187 19 Haddington Road, Dublin 4.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Support • Advice • Outpatient counselling • Aftercare
<p>DUBLIN</p> <p>HSE Community Alcohol Services Tel.: 01 4516589 / 4516754 Ground Floor, Glen Abbey Centre, Belgard Road, Tallaght, Dublin 24.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Assessment • Education programme • Aftercare 	<p>DUBLIN</p> <p>Inchicore Community Drug Team Tel.: 01 4736502 icdt@eircom.net 135 Emmet Road, Inchicore, Dublin 8.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Advice • Outreach • Alternative Therapy
<p>DUBLIN</p> <p>Mountview/Blakestown Community Drug Team Tel.: 01 8219140 / 8211333 105 Coolmine Ind. Estate, Coolmine, Dublin 15.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient counselling • Counselling • Needle exchange • Acupuncture • Massage 	<p>DUBLIN</p> <p>Oasis Project Tel.: 01 2845722 mscdp@gofree.indigo.ie 74 Maple House, Mountown, Dun Laoghaire, Co. Dublin.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outreach • Counselling for adults

SECTION FIVE -
WHERE TO GET HELP

<p>DUBLIN</p> <p>Merchants Quay Ireland Tel.: 01 6771128 info@mqi.ie www.mqi.ie 4 Merchants Quay, Dublin 8.</p> <p>Services Provided: • Outpatient counselling • Aftercare • Group Therapy • Educational Services • Needle exchange • Methadone support service • 12 week residential programme • 1 year residential programme</p>	<p>DUBLIN</p> <p>Patrick Street Addiction Centre Tel.: 01 280 8472 99 Patrick Street, Dun Laoghaire, Co. Dublin.</p> <p>Services Provided: • Methadone prescription • Counselling • Hepatitis C treatment</p>
<p>DUBLIN</p> <p>RADE (Recovery through Arts, Drama and Education) Tel.: 01 454 8733 info@rade.ie www.rade.ie OLV Building, Cathedral View Court, Off New Street, Dublin 8.</p> <p>Services Provided: • Art and drama therapy • Tai Chi</p>	<p>DUBLIN</p> <p>Rialto Community Drug Team Tel.: 01 4540021 rialtocommunitydrugteam@eircom.net St. Andrew's Community Centre, Rialto, Dublin 8.</p> <p>Services Provided: • Counselling • Advice • Outreach • Alternative Therapy</p>
<p>DUBLIN</p> <p>Rutland Centre Ltd. Tel.: 01 4946358 rutlandcentre@eircom.net Knocklyon Road, Templeogue, Dublin 16.</p> <p>Services Provided: • Intervention • Family mobilisation • Assessment • Pre-treatment counselling • Drug-free residential and family treatment programme • Comprehensive aftercare • Consultation service for employers</p>	<p>DUBLIN</p> <p>SAOL Project Tel.: 01 855 3391 saol@saolproject.ie 58 Amien Street, Dublin 1.</p> <p>Services Provided: • Non residential rehabilitation for women</p>
<p>DUBLIN</p> <p>Stanhope Centre Tel.: 01 6773965 / 6779447 Grangegorman Lower, Dublin 7.</p> <p>Services Provided: • Individual counselling • Family counselling • Alcohol assessments</p>	<p>DUBLIN</p> <p>St. John of God Hospital Tel.: 012881781 www.sjog.ie Stillorgan, Co. Dublin.</p> <p>Services Provided: • Inpatient • Outpatient • Family therapy • Detoxification</p>

<p>DUBLIN</p> <p>St. Patricks Hospital Tel.: 01 2493200 www.stpatrickshosp.com Steeven's Lane, Jame's Street, Dublin 8.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Family therapy • Detoxification 	<p>DUBLIN</p> <p>St Vincent's Psychiatric Hospital Tel: 01 8842401 Richmond Road, Fairview, Dublin 3.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Family therapy • Detoxification
<p>DUBLIN</p> <p>Talbot Centre Tel.: 01 8363434 / 8366746 086 8507811 talbotcentre@eircom.net 29 Upper Buckingham Street, Dublin 1.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Individual counselling • Family therapy • Child and family work • Advocacy • Family support • Drug education and information • Working with under 21's and families 	<p>DUBLIN</p> <p>Tallaght Community Drug Team Tel: 01 4513894 First Floor, Glan Abbey Centre, Belgard Road, Dublin 24.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Assessment • Counselling • Advice
<p>DUBLIN</p> <p>The Lodge Tel.: 01 415 4807 Old County Health Centre, Old County Road, Crumlin, Dublin 12.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Methadone Maintenance • Detoxification and Stabilisation • Counselling • Outreach • Referral 	<p>FERMANAGH</p> 
<p>FERMANAGH</p> <p>Aisling Centre Tel.: 028 6632 5811 www.aislingcentre.com aislingcentre@btopenworld.com 37 Darling Street, Enniskillen, BT747DP.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Psychotherapy service • Drugs education and awareness programmes • Crèche • Alternative therapy treatments 	<p>FERMANAGH</p> <p>Ego Project Tel.: 028 6634 3818 www.theegoproject.com info@theegoproject.com The INTEC Centre, 36 East Bridge Street Enniskillen, BT74 7BT.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Treatment • Education and prevention • Peer leadership • Youth support

<p>GALWAY</p> 	<p>GALWAY</p> <p>HSE Addiction Counselling Service Tel.: 090 9643107 East Galway Psychiatric Services, St Brigid's Hospital, Ballinasloe, Co. Galway.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Community based addiction services • Counselling • Education • Detox • Treats alcohol, drugs, smoking, gambling, and prescription drug addictions in adults
<p>GALWAY</p> <p>HSE Drugs Service Tel.: 091 561299 64 Dominick Street, Galway.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Advice • Information • Support • One-to-one drug counselling - all ages • Under 18 alcohol counselling • Education service for parents and community groups 	<p>GALWAY</p> <p>HSE Addiction Counselling Service Tel.: 091 630949 Community Day Hospital, Ennis Road, Gort, Co. Galway.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Day Hospital • Counselling • Onward referral • Information and Support
<p>GALWAY</p> <p>HSE Addiction Counselling Service Tel.: 091 755883 Merlin Park Regional Hospital, Galway.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient treatment • Aftercare • Counselling • Advisory Services • Employee Assistance Programme • Treats alcohol, gambling & prescription drug addiction in adults 	<p>GALWAY</p> <p>HSE Addiction Counselling Service Tel.: 091 847556 Dochas Nua, Bride Street, Loughrea, Co Galway.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient treatment • Aftercare • Counselling • Advisory Services • Employee Assistance Programme • Treats alcohol, gambling & prescription drug addiction in adults
<p>GALWAY</p> <p>Cuan Mhuire Tel.: 091 797102 Coolarne, Athenry, Co. Galway.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Aftercare • Counselling • Advisory Services • Treats alcohol, gambling and prescription drug addictions in adults 	<p>GALWAY</p> <p>HSE Drugs Service Tel.: 091 847088 Dochas Nua, Bride Street, Loughrea, Co. Galway.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Advice • Information • Support • One-to-one drug counselling - all ages • Under 18 alcohol counselling • Education service for parents and community groups



GALWAY

HSE Addiction Counselling Service

Tel: 090 9679571
 Mental Health Centre, Mountbellew,
 Co. Galway.

Services Provided:

- Outpatient treatment • Aftercare
- Counselling • Advisory Services
- Employee Assistance Programme
- Treats alcohol, gambling & prescription drug addiction in adults

GALWAY

HSE Addiction Counselling Service

Tel.: 093 24695
 Day Hospital, 7 Dublin Road, Tuam,
 Co. Galway,

Services Provided:

- Outpatient treatment • Aftercare
- Counselling • Advisory Services
- Employee Assistance Programme
- Treats alcohol, gambling & prescription drug addiction in adults

GALWAY

HSE Addiction Counselling Service

Tel.: 090 9759180
 Castle Oaks Day Hospital,
 Dominic St., Portumna,
 Co. Galway.

Services Provided:

- Counselling
- Onward referral
- Information and Support

GALWAY

WRDTF Community Liaison Worker

Tel.: 093-26548/091-866912
 087- 6629953 www.wrdtf.ie
 Youthreach Offices, Airglooney, Tuam.

Services Provided: • Information on substance misuse and on available treatment programmes.

- Promotion of 'Healthy Lifestyle' choices and 'Positive Alternatives' to substance misuse
- Liaison with Statutory & Voluntary agencies
- Research into substance misuse

GALWAY

HSE Drugs Service


Tel.: 093 60474
 The Mall, Tuam,
 Co. Galway.

Services Provided:

- Advice • Information • Support
- One-to-one drug counselling - all ages
- Under 18 alcohol counselling
- Education service for parents and community groups

KERRY



<p>KERRY</p> <p>HSE Counselling and Advisory Services Tel.: 066 9135104 Edward Court, Edward Street, Tralee.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • One-to-one Counselling • Non-residential Treatment Programme • Concerned Persons Programme 	<p>KERRY</p> <p>Talbot Grove Treatment Centre Tel.: 066 7141511 Castleisland, Co. Kerry.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Aftercare • Counselling • Advisory Service • Employee Assistance Programme
<p>KILKENNY</p> 	<p>KILKENNY</p> <p>Aislinn Adolescent Addiction Centre Tel.: 056 8833777 Ballyragget, Co. Kilkenny.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Aftercare • Counselling • Group therapy • Family Support Programme • Treats alcohol, drugs, gambling, prescription drug addictions for people aged 15-21 years old
<p>KILKENNY</p> <p>Carlow / Kilkenny Substance Misuse Team Tel.: 056 778 4638 Kickam Street, Kilkenny.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Drug Treatment • Methadone Prescription 	<p>KILKENNY</p> <p>HSE Community Addiction Service Tel.: 056 7763677 St. Luke's General Hospital, Kilkenny.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Extended Care • Counselling • Advisory Services • Treats alcohol, drugs & prescription drug addiction in teens and adults
<p>KILKENNY</p> <p>HSE Drugs Helpline Tel.: 056 776 4638 Mon - Fri, 9am - 5pm</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • One-to-one Counselling • Onward Referral • Drug Education 	<p>KILKENNY</p> <p>Kilkenny City Drug Initiative Kilkenny Rural Drug Initiative Tel.: 056 7761200 Ossory Youth, Desert Hall, New Street, Kilkenny.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Information • Onward Referral • One-to-one or Group Support • Education • Community Involvement

<h2>KILDARE</h2> 	
<p>KILDARE</p> <p>Abbey Project St. Eustace Centre, Main Street, Celbridge.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Onward referral • Acupuncture • Massage • Family support • Drop-in centre • Housing officer • Outreach 	<p>KILDARE</p> <p>Cuan Mhuire Tel.: 059 8631493 / 8631090 Milltown, Athy, Co. Kildare,</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Aftercare • Halfway House • Counselling • Advisory Services • Treats alcohol, drugs & prescription drug addiction in adults
<p>KILDARE</p> <p>HSE Community Alcohol and Drug Service Tel.: 045 446350 Newbridge Health Centre, Henry Street, Newbridge.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Addiction counselling • Outreach • Education • Onward referral • Treats alcohol, drugs, gambling and prescription drug addictions 	<h2>LAOIS</h2> 
<p>LAOIS</p> <p>HSE Community Alcohol & Drug Service Tel.: 057 8692516 1 Cooote Street, Portlaoise, Co. Laois.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient • Counselling • Advisory Services • Drug/Alcohol treatment for adults • Prescriptions • Covers Co. Offaly also 	<h2>LEITRIM</h2> 

LEITRIM

HSE Alcohol & Substance Counselling Services

Tel.: 071 918 3002
Day Centre, The Rock,
Ballymote, Co. Leitrim.

Services Provided:

- Outpatient • Aftercare • Counselling
- Advice & information • Employee Assistance Programme • Treats alcohol, drugs & prescription drug addiction in teens and adults

LEITRIM

HSE Alcohol & Substance Counselling Services

Tel.: 071 9621215
Summer Hill Lodge,
Carrick-on-Shannon, Co. Leitrim.

Services Provided:

- Community based
- Counselling
- Advice
- Prevention and education services



<p>LIMERICK</p> <p>Limerick County Community Drug Team Tel.: 069 61430 Carnegie Centre, Bishop Street, Newcastle West, Co. Limerick.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Advice • Outreach work • Education 	<p>LIMERICK</p> <p>Churchtown Day Hospital Tel.: 069 61799 Newcastle, Co. Limerick.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Aftercare • Counselling • Advisory Services • Treats alcohol, drugs, gambling and prescription drug addictions in adults
<p>LIMERICK</p> <p>Cuan Mhuire Tel.: 063 90555 Bruree, Co. Limerick.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Detox • 2-Year Aftercare Programme • Transition House • Treats alcohol, drugs, gambling and prescription drug addictions in adults 	<p>LIMERICK</p> <p>HSE Health Promotion Drug & Alcohol Team Tel.: 061 318633 Sláinte Health Advice Centre, 57 O'Connell Street, Limerick.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient • Counselling • Advisory Services • Treats alcohol, drugs, gambling and prescription drug addictions from age 14 upwards
<p>LIMERICK</p> <p>HSE Drugs Helpline Local: 1850 700 850 Mon - Fri, 2pm - 5pm</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Information and advice on drug and alcohol issues • One-to-one counselling • Referrals 	<p>LIMERICK</p> <p>Kilmallock Day Hospital Tel.: 063 98668 Railway Road, Kilmallock, Co. Limerick.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Aftercare • Counselling • Advisory Services • Treats alcohol, drugs, gambling and prescription drug addictions in adults
<p>LIMERICK</p> <p>St. Anne's Day Hospital Tel.: 061 315177 Roxboro Road, Limerick.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient • Aftercare • Counselling • Treats alcohol, drugs, gambling and prescription drug addictions in adults 	<p>LIMERICK</p> <p>Tevere Day Hospital Tel.: 061 452971 Shelbourne Road, Limerick.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient • Aftercare • Counselling • Treats alcohol, drugs, gambling and prescription drug addictions in adults

LONGFORD



LONGFORD

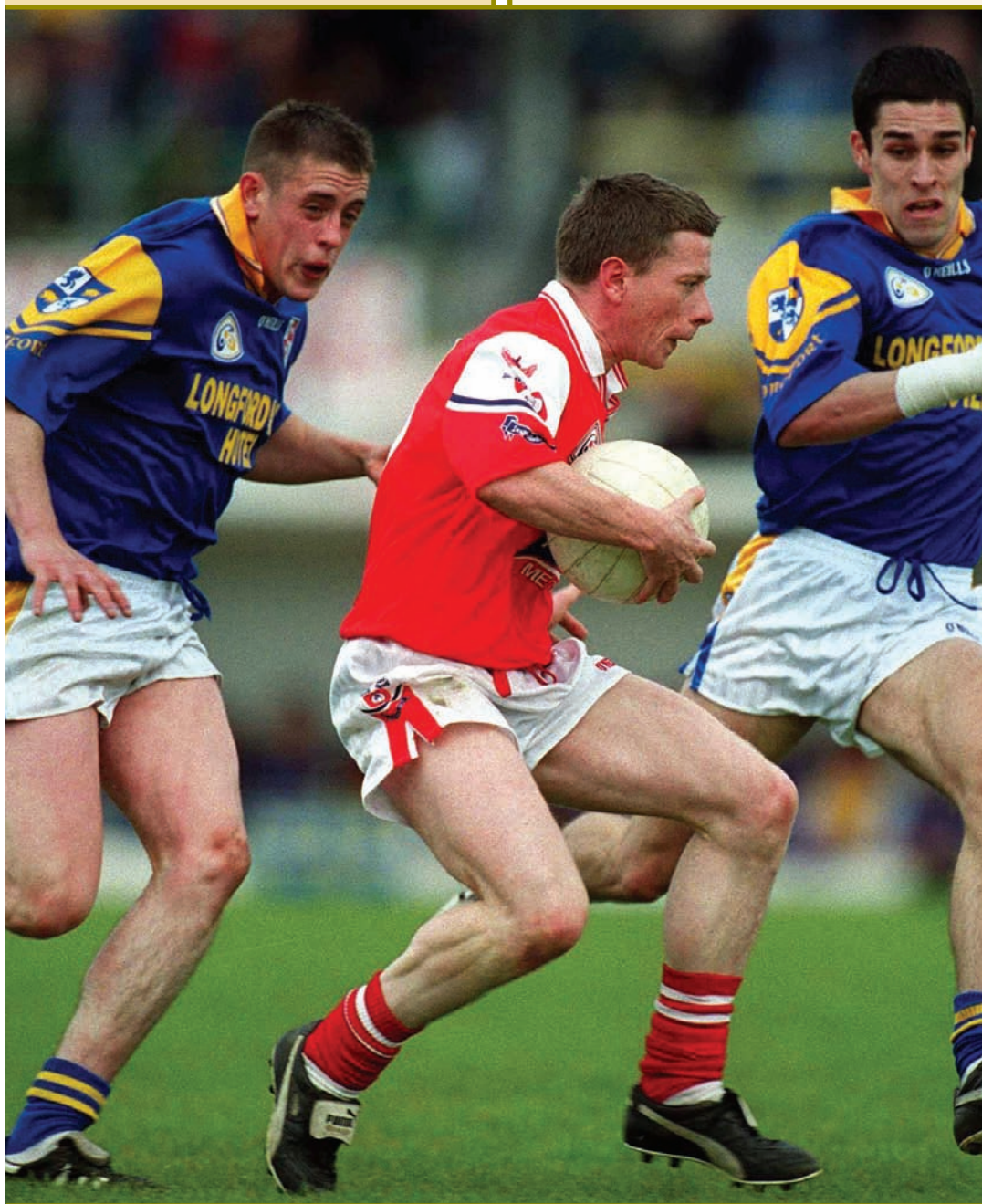
HSE Community Alcohol & Drugs Service

Tel.: 043 50988 / 044 9341630

3 Leader House, Dublin Road, Longford,

Services Provided:

- Outpatient • Aftercare
- Counselling • Advisory Services
- Treats alcohol, drugs, gambling and prescription drug addictions in adults



<p>LOUTH</p> 	<p>LOUTH</p> <p>HSE Alcohol Counselling Service Tel.: 041 6853264 St. Brigid's Hospital, Ardee, Co. Louth.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Aftercare • Counselling • Advisory Services • Employee Assistance Programme • Treats alcohol, drugs, eating disorders and prescription drug addictions in adolescents
<p>LOUTH</p> <p>Dundalk Counselling Centre Tel.: 042 9338333 "Oakdene", 3 Seatown Place, Dundalk, Co. Louth.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Advisory Services • Treats alcohol, drugs, gambling and prescription drug addictions in adults 	<p>LOUTH</p> <p>HSE Alcohol Service Tel.: 042 9326156 Ladywell Centre, Louth County Hospital, Dublin Road, Dundalk, Co. Louth.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Information • Specialist advice • Resources • Training • Counselling
<p>LOUTH</p> <p>HSE North Louth Drug Outreach & Addiction Counselling Service Tel.: 042 935 7516 3 Chapel Street, Dundalk.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Assessment • Support • Withdrawal treatment • Counselling • Referral 	<p>LOUTH</p> <p>HSE South Louth Drug Outreach & Addiction Counselling Service Tel.: 041 984 3531 11 Chord Road, Drogheda.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Assessment • Support • Withdrawal treatment • Counselling • Referral
<p>LOUTH</p> <p>TURAS Counselling Services Tel.: 042 9338221/ 8224 turascounsellingservice@gmail.com 59 Clanbrassil Street, Dundalk, Co Louth.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Aftercare for recovering drug users over 16 years 	<p>MAYO</p> 

SECTION FIVE -
WHERE TO GET HELP

<p>MAYO</p> <p>HSE Addiction Counselling Service Tel.: 094 9021733 St. Mary's Hospital, Castlebar, Co. Mayo.</p> <p>Services Provided: • Inpatient • Outpatient • Aftercare • Counselling • Advisory Services • Treats alcohol, gambling and prescription drug addictions in adults</p>	<p>MAYO</p> <p>HSE Addiction Counselling Service Tel.: 096 20300 Ballina Community Mental Health Centre, Mercy Road, Ballina, Co. Mayo.</p> <p>Services Provided: • Outpatient • Aftercare • Counselling • Advisory Service • Treats alcohol, gambling and prescription drug addictions in adults</p>
<p>MAYO</p> <p>HSE Addiction Counselling Service Tel.: 094 9541615 Ballinrobe Day Centre, Ballinrobe, Co. Mayo.</p> <p>Services Provided: • Outpatient • Aftercare • Counselling • Advisory Service • Treats alcohol, gambling and prescription drug addictions in adults</p>	<p>MAYO</p> <p>Hope House Tel.: 094 9256888 hopehouse@eircom.net www.hopehouseireland.com Foxford, Co. Mayo.</p> <p>Services Provided: • Inpatient • Outpatient • Aftercare • Counselling • Advisory Services • Employee Assistance Programme • Treats alcohol, gambling and prescription drug addictions in adults • Family counselling</p>
<p>MAYO</p> <p>HSE Drugs Service Tel.: 096 60060 Neighbourhood Youth Service, Pearse Street, Ballina, Co. Mayo.</p> <p>Services Provided: • Information • Advice • Support • Drugs counselling for adults/teens • Alcohol counselling for under 18's • Education for parents and community groups</p>	<p>MAYO</p> <p>HSE Drugs Service Tel.: 094 9020430 The Arcade, Main Street, Castlebar, Co. Mayo.</p> <p>Services Provided: • Advice • Information • Support • Drugs counselling for all ages • Alcohol counselling for teens • Education for parents and community groups</p>
<p>MAYO</p> <p>HSE Addiction Counselling Service Tel.: 094 52715 Swinford Treatment Centre, The Lodge, Dublin Road, Swinford, Co. Mayo.</p> <p>Services Provided: • Inpatient • Outpatient • Aftercare • Counselling • Advisory Service • Treats alcohol, drugs, gambling and prescription drug addictions in adults</p>	<p>MAYO</p> <p>WRDTF Community Liaison Worker Tel.: 087 6682392 clwmayo@eircom.net www.wrddf.ie Mayo VEC Admin. Offices Cavendish House, Hopkins Road Castlebar, Co Mayo.</p> <p>Services Provided: • Information on substance misuse and on available treatment programmes. • Promotion of 'Healthy Lifestyle' choices and 'Positive Alternatives' to substance misuse • Liaison with Statutory & Voluntary agencies • Research into substance misuse</p>



MEATH



MEATH

Aisling Group International (Charity)

Tel.: 046 9074300

www.aislinggroup.ie

P.O. Box 26,

Bradan House, Navan, Co. Meath.

Services Provided: • Counselling/Recovery programme • Drug and alcohol training / education • Community Group development • Drug Policy Development • Family/organisation support • Early intervention programmes

MEATH

HSE Alcohol Service

Tel.: 046 9071648

Clonard House, Market Square,

Navan,

Co. Meath.

Services Provided:

- Information • Specialist advice
- Resources
- Training
- Counselling

MEATH

HSE Alcohol Service

Tel.: 046 9076400

Health Promotion Unit, N.E.H.B., Railway

Street, Navan,

Co. Meath.

Services Provided:

- Assessment
- Support
- Withdrawal treatment
- Counselling • Referral

MEATH

Pillar Family Support Group

Tel.: 086 8404395

7 Abbey View, Slane,

Co. Meath.

Services Provided:

- Support meetings for friends and family of drug and alcohol users

MEATH

St. James Camino Network

Tel.: 046 9549241

Meadowbrook, Cloncurry Cross,


Enfield, Co. Meath.

Services Provided:


- Holistic approach to rehabilitation and education • Group therapy
- Individual counselling • Family support
- Relapse prevention
- Accommodation support

<p>MEATH</p> <p>South Meath Alcohol & Substance Misuse response Tel.: 046 9437245 smasmr@community.meath.ie T.I.D.E, Riverbank, Trim, Co. Meath.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Awareness • Education • Support • Counselling 	<p>MEATH</p> <p>Tabor House Tel.: 046 9077909 Trim Road, Navan, Co. Meath.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient treatment • 12 step meetings • Lectures • Group therapy • Counselling
	
<p>MONAGHAN</p> <p>Addiction Resource Centre Tel.: 047 72100 St. Davnet's Hospital Campus, Monaghan.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient • Inpatient • Aftercare • Counselling • Advisory services • Employee Assistance Programme • Treats alcohol, drugs, gambling and prescription drug addictions in adults 	<p>MONAGHAN</p> <p>Cavan/Monaghan Drug Awareness Tel.: 042 966 6983 Henry St., Bailieborough, Co. Cavan.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Addiction Counselling • Family Support • Education/Awareness Programmes • Auricular Acupuncture • Provision of literature • Treats alcohol, drugs, gambling and prescription drug addictions

<p>OFFALY</p> 	<p>OFFALY</p> <p>Portlaoise Community Alcohol and Drugs Service Tel.: 057 8692516 1 Coote Street, Portlaoise, Co. Laois.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient • Counselling • Advisory Services • Drug/Alcohol treatment for adults • Prescriptions • Covers Co. Laois also
<p>ROSCOMMON</p> 	<p>ROSCOMMON</p> <p>HSE Drugs Service Tel.: 090 6625395 Roscommon Youth Information Service, Castle Street, Roscommon.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Advice • Information • Support • Drugs counselling for all ages • Alcohol counselling for teens • Education for parents and community groups
<p>ROSCOMMON</p> <p>HSE Drugs Service Tel.: 071 9664801 Neighbourhood Youth Project, St. Josephs Resource Centre, Abbeytown, Boyle.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Advice • Information • Support • Drug counselling for all ages • Alcohol counselling for under 18's • Education service for parents and community groups 	<p>ROSCOMMON</p> <p>HSE Addiction Counselling Services Tel.: 090 6626477 The Lodge, Co. Hospital, Roscommon.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient • Aftercare • Counselling • Advisory Services • Treats alcohol, drugs, gambling and prescription drug addictions in adults
<p>ROSCOMMON</p> <p>WRDTF Community Liaison Worker Tel: 09066 34189 / 086-8522969 www.wrdtf.ie Co. Roscommon VEC, Castlecourt House, Castle St., Roscommon.</p> <p>Services Provided: • Information on substance misuse and on available treatment programmes</p> <ul style="list-style-type: none"> • Promotion of 'Healthy Lifestyle' choices and of 'Positive Alternatives' to substance misuse • Liaison with Statutory & Voluntary agencies • Research into substance misuse 	<p>SLIGO</p> 

<p>SLIGO</p> <p>HSE Alcohol and Substance Counselling Service Tel.: 071 918 5966 Tubbercurry Health Centre, Tubbercurry, Co. Sligo.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Advice • Prevention • Education 	<p>SLIGO</p> <p>HSE Alcohol and Substance Counselling Service Tel.: 071 9183002 Day Centre, The Rock, Ballymote.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Advice • Prevention • Education
<p>SLIGO</p> <p>HSE Alcohol and Substance Misuse Counselling Service Tel.: 071 9149100 Charter House, Old Market Street, Sligo.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • One to one Counselling • Advice • Prevention • Education • Assessment • Relapse Prevention 	



<p>TIPPERARY </p>	
<p>TIPPERARY</p> <p>North Tipperary Drug and Alcohol Service Tel.: 067 42220 / 422221 ntdas@eircom.net 94a Silver Street, Nenagh, Co. Tipperary.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Advice • Outreach work 	<p>TIPPERARY</p> <p>Aiséirí Tel.: 052 41166 www.aiseiri.ie Townpark, Cahir, Co. Tipperary.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Inpatient • Outpatient • Counselling • Aftercare • Advisory Services • Employee Assistance Programme • Treats alcohol, drugs, gambling and prescription drugs addictions in adults
<p>TIPPERARY</p> <p>HSE South Tipperary Alcohol & Addiction Service Tel.: 052 23015 Coolgreaney House, Queen Street, Clonmel, Co. Tipperary.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient • Aftercare • Counselling • Advisory Services • Employee Assistance Programme • Treats alcohol, drugs, gambling and prescription drugs addictions in adults 	<p>TIPPERARY</p> <p>North Tipperary Mental Health Services Tel.: 067 46811 ntdas@eircom.net Dromin House, 2 Dromin Road, Nenagh, Co. Tipperary.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Assessment • Detoxification • Advice
<p>TIPPERARY</p> <p>Substance Misuse Department Tel.: 052 77900 11-12 Peter Street, Clonmel.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Drug Education 	<p>TIPPERARY</p> <p>Thurles Addiction Counselling Service Tel.: 0504 23828 St. Mary's Health Centre, Upper Parnell Street, Thurles, Co. Tipperary.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Assessment • Detoxification • Advice

<p>TYRONE</p> 	<p>TYRONE</p> <p>Addiction Treatment Unit Tel.: 028 8283 5443 (alcohol) Tel.: 028 8283 5203 (drugs) 1 Donaghanie Road, Omagh, BT79 ONS.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Six-week residential programme • Group therapy • Information • Counselling in Tyrone and Fermanagh
<p>TYRONE</p> <p>Addiction Treatment Unit Tel.: 028 8283 5443 Tyrone and Fermanagh Hospital, Hospital Road, Omagh, BT79 ONS.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Residential treatment • Counselling • Advice • Support • Education • Helpline • Family group meeting • Women's group meetings 	<p>TYRONE</p> <p>Cookstown / Dungannon Divisional Youth Office Tel.: 028 8772 2167 Unit 6, 7-9 Market Square, Dungannon, BT70 1JF.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Advice • Support • Education
<p>TYRONE</p> <p>Break Thru Centre Tel.: 028 8775 3228 mail@breakthru.co.uk 18 Killymeal Dungannon Co. Tyrone, BT71 6LJ.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Community Development • Education and Information • Work with parents • Onward referral 	<p>TYRONE</p> <p>Break Thru Project Tel.: 028 8775 3228 18 Killymeal Road, Dungannon, BT71 6LJ.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Support • Helpline • Drug awareness training • Peer education
<p>TYRONE</p> <p>Ego Project Tel.: 028 8225 9333 www.theegoproject.com info@egoomagh.org 12b Foundry Lane, Omagh, BT78 1ED.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Education and prevention • Peer leadership • Youth support • Counselling • Treatment 	<p>TYRONE</p> <p>Parents Advice Centre (Dungannon) Tel.: 028 8775 3630 www.pachelp.org dungannon@pachelp.org 1-2 Feenys Lane, Dungannon, BT70 1TX.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Support and counselling

WATERFORD



WATERFORD

Aiséirí

Tel.: 051 853 974
 aiseiri@eircom.net
 Waterford.

Services Provided:

- Inpatient • Outpatient • Counselling
- Aftercare • Advisory Services
- Employee Assistance Programme
- Treats alcohol, drugs, gambling, prescription drugs addictions in adults

WATERFORD

HSE Substance Misuse Team

Tel.: 051 301 201
 10A Waterside,
 Waterford.

Services Provided:

- Counselling for adults and adolescents
- Drug education and awareness
- Drug prevention projects

WATERFORD

HSE South East Regional Drug Service

Tel.: 051 373333
 drughelpline@eircom.net
 52 Upper Yellow Road, Waterford.

Services Provided:

- Counselling
- Advisory Services
- Treats alcohol, drugs, gambling and prescription drug addictions in adults

WATERFORD

E.A.P. Institute

Tel.: 051 855733
 eapinstitute@eircom.net
 143 Barrack Street, Waterford.

Services Provided:

- Counselling
- Employee Assistance Programme
- Advisory Service

WATERFORD

A.C.C.E.P.T. Addiction Treatment Services

Tel.: 051 842790
 Brook House, Cork Road, Waterford.

Services Provided:

- Inpatient • Outpatient
- Aftercare
- Counselling • Advisory Services
- Treats alcohol, drugs, gambling and prescription drugs addictions in adults



WESTMEATH



<p>WESTMEATH</p> <p>HSE Community Alcohol & Drug Service Tel.: 090 475301 Rea Nua, St. Vincent's Hospital, Athlone, Co. Westmeath.</p> <p>Services Provided: • Outpatient • Aftercare • Counselling • Advisory Services • Treats alcohol, drugs, gambling and prescription drug addictions in adults</p>	<p>WESTMEATH</p> <p>HSE Community Alcohol & Drug Service Tel.: 044 9341630 Bishopsgate Street, Mullingar, Co. Westmeath.</p> <p>Services Provided: • Outpatient • Counselling • Advisory Services • Treats alcohol, drugs, gambling and prescription drug addictions in adults</p>
<p>WESTMEATH</p> <p>St. Loman's Hospital Tel.: 044 40191 Mullingar, Co. Westmeath.</p> <p>Services Provided: • Inpatient • Outpatient • Aftercare • Counselling • Advisory Services • Treats alcohol, drugs, gambling and prescription drugs addictions in adults</p>	<p>WEXFORD</p> 
<p>WEXFORD</p> <p>Aiséiri Tel.: 053 9141818 wexford@aiseiri.ie Roxborough, Wexford.</p> <p>Services Provided: • Inpatient • Aftercare • Counselling • Advisory Services • Treats alcohol, drugs, gambling and prescription drug addictions in adults</p>	<p>WEXFORD</p> <p>Cornmarket Project Tel.: 053 9155800 Confidential Tel.: 053 9144931 Cornmarket, Mallin St., Wexford.</p> <p>Services Provided: • Personal and Family Counselling • Core Skills Development • Personal and Social Development • Work Experience • Job Search assistance • Drop-in Centre</p>
<p>WEXFORD</p> <p>HSE Counselling Service Tel.: 053 9233110 St. Senan's Hospital, Enniscorthy, Co. Wexford.</p> <p>Services Provided: • Inpatient • Outpatient • Aftercare • Counselling • Advisory Services • Employee Assistance Programme • Treats alcohol, drugs, gambling and prescription drugs addictions in adults</p>	<p>WEXFORD</p> <p>HSE Wexford Substance Misuse Service Tel: 051 426000 Park House, New Ross, Co. Wexford.</p> <p>Services Provided: • Counselling • Family therapy • Education</p>

Where to get help - Counties

<p>WICKLOW</p> <p>Arklow Community Addiction Team Tel.: 0402 33577 9a Upper Mount Street, Arklow, Co. Wicklow.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Outpatient • Aftercare • Counselling • Advisory Service 	<p>WICKLOW</p> <p>Bray Community Addiction Team Tel.: 01 2764692 brayaddictionteam@eircom.net 37 Beechwood Close, Boghall Road, Bray, Co. Wicklow.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Counselling • Referral
<p>WICKLOW</p> <p>Forest Tel.: 01 2015863 info@forest.ie www.forest.ie Glendalough, County Wicklow.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Residential Treatment • Counselling • Family Therapy • Yoga 	<p>WICKLOW</p> <p>Killarney Road Clinic Tel.: 01 276 2918 Killarney Road, Bray, Co. Wicklow.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Addiction Services • Counselling referral • Outreach • Needle exchange
	<p>WICKLOW</p> <p>Wicklow Child & Family Project Tel.: 0404 64725 wcandfp@indigo.ie Enterprise Centre, The Murrough, Co. Wicklow.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> • Family counselling • One-to-one counselling • Drop-in • Support • Information • Advocacy

Regional and Local Drug Task Forces - Republic of Ireland

The role of the Drug Task Forces is to co-ordinate the overall development of drug services in their area. They are very useful to contact for up-to-date information on services in these areas.

<p>Ballyfermot Local Drug Task Force Tel.: 01 620 6488 c/o Addiction Services, Bridge Hse, Cherry Orchard Hospital Ballyfermot, D10.</p>	<p>Finglas / Cabra Local Drug Task Force Tel.: 01 830 7440 john.bennett@fcp.ie Tolka Clinic, 121 Broombridge Close, Ballybogging Road, D11.</p>
<p>Ballymun Local Drug Task Force Tel.: 01 8832142 ballymundrugstf@axis-ballymun.ie Axis Centre, Main Street, Ballymun, D9.</p>	<p>Midland Regional Drugs Task Force Tel.: 057 9357800 mrdtf@mailq.hse.ie HSE, Unit 4, Central Bus. Park, Clonminch, Tullaghmore, Co. Offaly.</p>
<p>Blanchardstown Local Drug Task Force Tel.: 01 8604845 bldts@mailc.hse.ie 22 (a) Main Street, Blanchardstown, D15.</p>	<p>Mid Western Regional Drugs Task Force (Clare, Limerick and Tipperary North). Tel.: 061 409275 midwestrdtf@eircom.net Slainte, 57 O'Connell Street, Limerick.</p>
<p>Bray Local Drug Task Force Tel.: 01 276 2975 niamhmcailinden@eircom.net Unit 2, First Floor, 24 Florence Road, Bray, Co. Wicklow.</p>	<p>North Eastern Regional Drugs Task Force (East Cavan, Louth, Meath and Monaghan). Tel.: 046 9076400 C/O H.S.E. Dublin North East, Health Promotion Department, Railway Street, Navan.</p>
<p>Canal Communities Local Drug Task Force Tel.: 01 6206413 c/o Addiction Services, Bridge House, Cherry Orchard Hospital, Ballyfermot, D10.</p>	<p>North Inner City Local Drugs Task Force Tel.: 01 8366592 22 Lower Buckingham St., D1.</p>
<p>Clondalkin Local Drug Task Force Tel.: 01 4579445 cdts1@indigo.ie Unit 5, Oakfield Industrial Estate, Clondalkin, D22.</p>	<p>North West Alcohol Forum Tel: 074 9104449 alcohol.forum@mailb.hse.ie</p>
<p>Cork Local Drugs Task Force (Cork City) Tel.: 021 4923135 57 Finbar Hospital, Douglas Road, Cork</p>	<p>North Western Regional Drugs Task Force Tel.: 071 9852000 drugtaskforce@mailb.hse.ie Saimer Court, Main Street, Ballyshannon, Co. Donegal.</p>
<p>Dublin 12 Local Drug Task Force Tel.: 01 6206422 c/o Addiction Services, Bridge House, Cherry Orchard Hospital Ballyfermot, D10.</p>	<p>South Eastern Regional Drugs Task Force (Carlow, Kilkenny, Tipperary South, Waterford and Wexford) Drug Co-ordination Unit, 1st Floor, Beech Hse, Cove Roundabout, Dunmore Rd., Waterford. Tel.: 051 846720. maria.fox@maila.hse.ie</p>
<p>North Dublin City and County Regional Drugs Task Force (North Dublin City and Fingal) Tel.: 01 8135580 info@dublinrdtf.ie Estuary House, Estuary Business Park, Swords, Co. Dublin.</p>	<p>South Western Regional Drugs Task Force (Cork and Kerry) Tel.: 021 4923135 chris.black@mailp.hse.ie Willie.collins@mailp.hse.ie Community Services Officers, St. Finbars Hospital, Douglas Rd., Cork.</p>
<p>Dublin North East Local Drugs Task Force Tel.: 01 8465070 tomobriendnedtaskforce@eircom.net Le Chéile, Collins Avenue East, Donnycarney, D5.</p>	<p>South Western Regional Drugs Task Force (Kildare, West Wicklow and South West Dublin) Tel.: 045 848538 Maudlins Hall, Block A, Dublin Road, Naas, Co. Kildare.</p>
<p>Dublin South Inner City Local Drug Task Force (South Dublin City, South Dublin, Kildare and West Wicklow) Tel.: 01 6206438 Bridge House, Cherry Orchard, Dublin 10.</p>	<p>Southern Regional Drugs Task Force (Cork and Kerry) Tel.: 021 4923135 chris.black@mailp.hse.ie Community Services Officers, St. Finbars Hospital, Douglas Rd., Cork.</p>
<p>Dun Laoghaire / Rathdown Local Drug Task Force Tel.: 01 280 3335 Centenary House, 35 York Road, Dun Laoghaire, Co. Dublin.</p>	<p>Tallaght Local Drug Task Force Tel.: 01 6206414 c/o Addiction Services, Bridge House, Cherry Orchard Hospital, Ballyfermot, D10.</p>
<p>East Coast Regional Drug Task Force (Dun Laoghaire Rathdown and Wicklow). Tel.: 0404 20014 siobhan.turner@maild.hse.ie Block B, Civic Centre, Main St., Bray, Co. Wicklow.</p>	<p>Western Region Drugs Task Force (Galway, Mayo and Roscommon) Tel.: 091 865865 www.wrdtf.ie 64 Dominic Street, Galway.</p>

Drug and Alcohol Co-ordination Teams - Northern Ireland

The role of the Alcohol & Drug Co-ordination Teams is to co-ordinate the development of strategy and services delivered by drug and alcohol agencies in Northern Ireland. They provide very useful information on the drug and alcohol related issues in their areas.

Eastern Alcohol and Drugs Coordination Team Tel.: 028 9043 4248 info@edact.org www.edact.org 1 Cromac Quay, Belfast, BT7 7JD.	Southern Alcohol and Drugs Coordination Team Tel.: 028 4066 0926 30a Ardery's Lane, Newry Road, Banbridge, BT32 3RE
Northern Alcohol and Drugs Coordination Team Tel.: 028 2531 1111 ndact@nhssb.n-i.nhs.uk County Hall, 182 Galgorm Road, Ballymena, BT42 1QB	Western Alcohol and Drugs Coordination Team Tel.: 028 8225 3950 Anderson House, 2nd Floor, Market Street, Omagh, BT78 1EE

Health Promotion Offices in Republic of Ireland

Health Promotion Departments are valuable sources of leaflets and other printed information about drugs and alcohol. The staff have expertise in developing drug and alcohol policies and will be able to advise on drug and alcohol education and prevention issues.

HSE Dublin Mid Leinster Tel.: 0506 57800 Health Promotion Department, Unit 4, Central Business Park, Clonminch, Portlaoise Road, Tullamore, Co. Offaly.	HSE Southern Area Tel.: 056 7761400 Health Promotion Department, Dean Street, Kilkenny.
HSE Dublin North Eastern Area Tel.: 046 76400 Health Promotion Department, Railway Street, Navan, Co. Meath.	HSE Southern Area Tel: 021 4921641 Health Promotion Department, Eye, Ear and Throat Hospital, Western Road, Cork.
HSE Dublin Mid Leinster Tel.: 01 2744295 Health Promotion Department, Block Civic Centre, Main Street, Bray, Co. Wicklow.	HSE Mid Western Area Tel: 061 483257 Health Promotion Department, Parkview House, Pery Street, Limerick.
HSE Dublin Mid Leinster Tel.: 01 4632800 Health Promotion Department, 3rd Floor, 52 Broomhill Road, Tallaght, Dublin 24.	HSE Western Area Tel.: 071 9820461 Health Promotion Department, Manorhamilton, Co. Leitrim.
HSE Dublin North Eastern Area Tel.: 01 8823415 Health Promotion Department, 3rd Floor, Park House, North Circular Road, Dublin 7.	HSE Western Area Tel: 091 548320 Health Promotion Department, The Annex, 1st Floor West City Centre, Seamus Quirke Road, Galway.

Health Promotion Offices in Northern Ireland

Eastern Health and Social Services Board area Tel.: 028 9032 1313. Eastern Area Health Promotion, Communication, Resource and Information Service (CRIS), Champion House, 12-22 Linenhall St., Belfast, BT2 8BS	Northern Health and Social Services Board area Tel.: 028 2563 5575 health.promotion@homefirst.n-i.nhs.uk Health Promotion Service, Homefirst Community Trust, Spruce House, Cushendall Road, Ballymena, BT43 6HL.
Western Health and Social Services Board area Tel.: 028 7186 5221 Health Promotion Department, Westcare Business Services Resources and Graphic Centre, The Hub, 12c Gransha Park, Derry, BT47 6WJ .	Southern Health and Social Services Board area Tel: 028 3741 2424 Southern Area Health Promotion Department, Healthcare Directorate Department, Admin Building, St. Luke's Hospital, Loughgall Road, Armagh, BT61 7NQ .

APPENDIX



PHOTOCOPIABLE REPORT FORM FOR RECORDING ALCOHOL AND DRUG RELATED INCIDENTS



Club name _____

Date and time of incident: _____

What happened? What was seen? What was said? Who was involved? FACTS ONLY

Who has been informed?

What action has been taken?

Signed:

_____ Date _____
Club Secretary

_____ Date _____
Club Chairman

_____ Date _____
ASAP Officer

SAMPLE POLICY

SAMPLE CLUB DRUG AND ALCOHOL POLICY PAGE 1

Cumann Lúthchleas Gael are committed as part of their overall philosophy to 'Discourage the use of drugs, alcohol and tobacco on the basis that they are incompatible with a healthy approach to sporting activity'.

_____ Club believe that we need to work towards creating a safe, healthy club environment where we can develop the skills and attitudes necessary to cope with drug and alcohol related issues. All club members, officials, coaches and volunteers as part of this club shall follow the law when it comes to illegal drugs, alcohol and tobacco and shall display leadership and good example, particularly when dealing with underage members.

Definition of Drugs:

For the purpose of this policy the term "drug" shall include all mood altering substances, both legal and illegal and involve substances such as:

- Alcohol
- Tobacco
- "Over the counter" medicines such as paracetamol, anti-histamines, cough medicines etc.
- Prescribed drugs such as antibiotics, inhalers, painkillers etc.
- Volatile substances such as aerosols, glues, petrol, cigarette lighter fuels etc.
- Controlled drugs such as cannabis, ecstasy, amphetamines, magic mushrooms, cocaine, etc.
- Performance enhancing sports related drugs as outlined by the World Anti-Doping Agency.

Aims and Objectives:

The aim of this policy is to ensure that all club members are kept safe from drug-related harm when involved in club activities.

Our objectives are...

- To develop a consistent approach to drug-related issues to be adopted by all club members.
- To develop procedures and protocols that address drug-related issues in the club.
- To establish clear procedures for managing specific incidents of suspected drug misuse.

List of Recommended Actions

The Chairperson and Executive of the club shall adopt and discharge actions from the following list as appropriate to the resources of the Club.

_____ Club shall take the following actions...

- The cup shall not be filled with alcohol during celebrations.
- Coaches and Club Officials shall not smoke or drink alcohol while representing their club at matches or training sessions.
- Cigarettes shall not be sold in the clubhouse.
- Medal ceremonies for under 18's shall not be held in pubs.
- Under 18's shall not be brought to pubs on the way home from matches, outings or training sessions.
- Alcohol shall not be served at functions for players aged under 18 years of age.
- Alcohol advertisements shall be phased out on club jerseys.

- _____
- _____
- _____

SAMPLE POLICY

SAMPLE CLUB DRUG AND ALCOHOL POLICY PAGE 2

All persons associated with our club can help prevent drug-related harm from occurring during club activities. The following roles are recommended (insert other recommendations as required).

Club Members

- Be aware of and adhere to _____ Club policy in relation to drugs.

• _____

Parents and Guardians

- Support the club in the development and implementation of this policy including procedures for handling incidents of suspected drug misuse.

• _____

Coaches

- Be aware of the possibility of drug misuse among players and pass on concerns with the aim of preventing harm.

• _____

Club A.S.A.P. Officer

- The A.S.A.P. Club Officer is responsible for overseeing the development, implementation and evaluation of this policy in conjunction with the Club Chairperson and Executive.

- The Club ASAP Officer is _____ Phone no. _____

• _____

Club Chairman and Executive

All relevant information, paraphernalia or suspected substances found or received shall be forwarded to the Club Chairperson who shall consult with the necessary parties before taking relevant action based upon this policy. In the event of the Chairperson not being available to discharge these duties this responsibility will then automatically fall to the Vice Chairperson or Secretary.

Education programme about drugs and alcohol

_____ Club shall arrange a drug education programme for members, players, parents etc as appropriate. This drug education programme may include the promotion of club policy, provision of literature, workshops or information sessions.

- The Club A.S.A.P. Officer in conjunction with the Club Chairperson and Executive shall arrange to provide drug education **annually** for **adults** associated with the club.
- The Club A.S.A.P. Officer in conjunction with the Club Chairperson and Executive shall arrange to provide **age appropriate** drug education **annually** for **young people** associated with the club.

• _____

Protocol for dealing with drug misuse

_____ Club shall endeavour to respond to all drug-related incidents in a firm but fair manner, with due respect for the safety and welfare of individuals involved, other members of the club and the wider community. We shall also fulfil any legal obligations that might apply.

Outline of Restrictions

The misuse or supply of drugs is viewed as unacceptable by _____ Club and is punishable by warnings, suspensions and expulsions as deemed appropriate. It is also unacceptable for members or officials to present for club duties while under the influence of a drug.