



# Primary Alcohol & Drugs Service

## Helping People to Help Themselves



### Who is this service for?

- Anyone who feels that they have an alcohol/drug related problem.
- This includes both users and non-users.

### Services we offer

- Support for people to help themselves.
- Alcohol & drug education.
- Advice.
- Referral to appropriate agencies to suit individual's needs.

### How to contact us

Consult the Accident & Emergency staff or telephone the **Substance Misuse workers on Middlesbrough** (01642) 835609,

### Location

**Ward 1**  
James Cook University Hospital  
Marton Road  
Middlesbrough

Tel : (01642) 835609



### Hours of availability

Monday	8.00 a.m. - 4.00 p.m.
Tuesday	9.30 a.m. - 4.00 p.m.
Wednesday	9.30 a.m. - 4.00 p.m.
Thursday	8.00 a.m. - 4.00 p.m.
Friday	7.00 a.m. - 3.00 p.m.
Saturday	7.30 a.m. - 1.00 p.m.
Sunday	7.30am- 1.00 p.m.

### PADS Services

#### Referrals

We refer clients to appropriate agencies that are accessible and suit their needs.

Agencies offering:

- Comprehensive Needs Assessment
- One to One Counselling.
- Support Groups.
- Specific advice./Signposting
- Support for carers/family.
- Alcohol education and information.
- Relapse Prevention & Aftercare

This helps people to take control of their lives and see that change is possible.

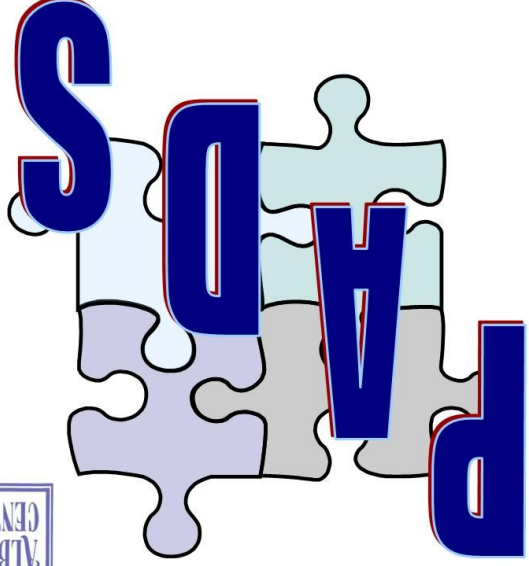
### Recommended Safe Drinking

A man = 3 to 4 units per day to a maximum of 21 units per week.

A woman = 2 to 3 units per day to a maximum of 14 units per week.

At least two days per week should be alcohol free.





**Primary Alcohol & Drugs Service**

**James Cook University Hospital**

**Mission Statement**

Enhancing the quality of life to people in Teesside by promoting sensible drinking patterns, raising the awareness of drugs and their effects and by offering help to those suffering from the effects of alcohol and drug misuse.



**Information on Units**

The recommended safe limit of alcohol units for a woman is less than for a man.

**Harmful Drinking**

A man = 50 Units or more

A woman = 35 Units or more

*If you are drinking harmful levels*

**Binge Drinking**

A man = 8 Units or more in one session

A woman = 6 Units or more in one session

*The Office of National Statistics*

'Alcohol Concern' however suggests that binge drinking is " Drinking sufficient alcohol to reach a state of intoxication on one occasion or in the course of one drinking session

**Drug Information**

- Drug use can be harmful to both physical and mental health
- Drugs affect different people in different ways
- By drugs we mean illegal substances such as heroin, cocaine and cannabis. We also mean medicinal drugs (which can also be misused)

**Your Views**

We want you to tell us your views to enable us to improve the quality of service we provide.

Please help us improve the PADS service by telling us about any suggestions or concerns you may have about the service.

Contact PADS Substance Misuse Workers on

**Middlesbrough Tel: (01642) 835609**

Although we try to ensure a high standard of service, there may be occasions when the service falls short of peoples expectations. In these cases please write to:

The Service Manager

The Albert Centre

Substance Misuse & Addictive Behaviour

Counselling & Advice Centre

3 Albert Terrace

Middlesbrough

TS1 3PA