

PRACTITIONER GUIDE

Substance Misuse Services in Hampshire

The Hampshire drug and alcohol service is a partnership which is led by Inclusion with partners providing the different elements of the service.

Inclusion Recovery Hampshire

Inclusion Recovery Hampshire provides comprehensive support for people experiencing problems with alcohol and drugs. The service is free and confidential to adults living in Hampshire aged 25 and over affected by drugs or alcohol use.

Inclusion Recovery Hampshire have recovery teams based in locations across Hampshire. This includes hubs in Andover, Aldershot, Basingstoke, Eastleigh, Winchester, New Milton, Fareham, Havant and Gosport, plus additional satellite or outreach venues.

Recovery teams include recovery workers, nurses, doctors, recovery champions, recovery mentors, volunteers and administrators. Inclusion Recovery Hampshire (IRH) encourage and support people to take a holistic approach to treatment by identifying and addressing wider health and wellbeing issues, which they can help with. They offer a range of treatment services centered around high quality psychosocial interventions for anyone experiencing difficulties with drugs or alcohol.

Referrals can be made by:

- * Completing the [online referral](#) form
- * Calling **0300 124 0103**

Parent Support Link

Parent Support Link (PSL) provide an integrated family and carer support service to anyone affected by someone else's use of drugs or alcohol. Support provided:

- One-to-one support by appointment
- Support groups
- Whole family sessions
- Couples support sessions
- A chance to find out what other help is available
- Information about the effects of drugs and alcohol
- A confidential and non-judgemental listening policy
- An opportunity and link to others in similar situations

24hr Carers help line: 02380399764

Hampshire 24/7 (provided by Catch 22)

A county-wide specialist treatment service offering targeted, specialist, and family support for children and young people effected by substance misuse. They offer free and confidential advice and support for young people aged up to 25.

The service is delivered by a multi professional team with a designated worker for each district of the county. The service offers a community engagement model, supporting children and young people where they feel most comfortable whilst working at their pace.

Support provided:

- **24/7 help line for young people: 0800 599 9591**
- Specialist harm reduction services
- Individual tailored care plans and assessments
- Family support
- Access to prescribing and needle exchange
- Auricular acupuncture
- One to one and group interventions
- Support within the community
- Partnership working with agencies in Hampshire

Referrals are received from professionals (with consent from the young person), parents and carers, and directly from young people.

Referrals can be made by:

- * Completing the [online referral](#) form
- * Calling **0845 459 9405**
- * Emailing 247Hants@catch-22.org.uk



www.inclusionhants.org