

Alcohol – where to get help in Manchester

Are you worried about your own or someone else's drinking?

Drinkline National Helpline
Tel: 0800 917 8282
24 hours/365 days

Advice and referral to treatment for callers worried about their own drinking or that of a friend or family member. Confidential, no names need be given. Calls are free from landlines and will not show on your bill.

Addiction Dependency Solutions

Tel: 0161 834 9777
Monday to Friday, 9am–5pm
Alcohol information centre for the north west. Provides telephone advice, including information about other services.

<http://www.downyourdrink.org.uk/>

Web site designed to help you work out whether you're drinking too much and, if so, what you can do about it.

Are you pregnant or thinking about becoming pregnant?

Manchester Specialist Midwifery Service

Tel: 0161 226 6669
Monday to Friday, 9am–5pm
Offers support and specialist advice about the effects of alcohol and drug use on you and your baby.

Are you or someone you know under 19 years old?

Eclipse Young Persons Substance Misuse Service

Tel: 0161 273 6686
Monday to Friday, 9.30am–5pm
Offers confidential drugs and alcohol advice, information, support and treatment to anyone under 19 in Manchester. Also available to their parents or carers. Also offers support to young people whose parents or carers have problems with alcohol or drugs.

Turning Point Basecamp

Tel: 0161 827 8572
Monday to Friday, 9am–5pm
Offers confidential support to anyone under 19 affected by alcohol and drug problems at home.

Are you homeless?

Alcohol specialist services:

Booth Centre

Tel: 0161 835 2499
Monday to Friday, 8am–4pm
<http://www.boothcentre.org.uk>
Drop-in and activity centre for homeless people in Manchester. Services include food, education and advice. There is a staffed outdoor space where people can drink alcohol; open on Tuesday and Thursday 9–12.30pm and Monday and Wednesday 9–10am.

Cornerstone

Tel: 0161 232 8888
Monday to Friday, 10.30am–4pm including bank holidays.
Drop-in day-centre and support for homeless people who may be street drinkers and/or heavy drinkers.

Counted In

Tel: 0161 835 5920
Monday to Friday, 9am–5pm
If you are over 18 years old, have an alcohol problem and sleep rough in Manchester, the team can help with accommodation and other services.

General homeless services:

Single Men's Direct Access

Tel: 0161 234 1045,
24 hours/365 days

Single Women's Direct Access

Tel: 0161 219 6050,
24 hours/365 days

Families

Tel: 0161 234 4800, Monday to Friday, 9am–4pm. (At other times telephone 0161 224 6452)

Does a friend or family member have a problem with alcohol?

If you look after or help someone who has an alcohol problem then you are a carer.

Manchester Carers Centre

Carers Line – Tel: 0161 835 4090
Monday to Friday, 9.30am–4.30pm
<http://www.carers.org/manchester>
Information, advice and support for carers who look after someone with an alcohol problem. Can help access respite grants for breaks away from caring.

Manchester Carers Forum and Young Carers Forum

Tel: 0161 819 2226
Monday to Friday, 9.30am–4.30pm
<http://www.manchestercarersforum.org.uk>

Provides a forum for all carers and former carers who are or were caring for somebody in the City of Manchester. Also offers support, leisure activities and breaks for young carers.

Alcohol Assessment and Care Management Team

Tel: 0161 255 8250,
24 hours/365 days
Offers confidential advice and support, which can include treatment options, assistance with benefits, help to reduce neighbour nuisance or with personal care. Can also help access structured residential rehabilitation or daycare to achieve long-term sobriety.

<http://www.al-anonuk.org.uk/>

Helpline: 020 7403 0888, 10am–10pm/365 days

Al-Anon Family Groups are for anyone affected by someone else's drinking. Alateen is part of Al-Anon and is for young people, aged 12 to 20.

<http://www.adfam.org.uk/>

Tel: 020 7553 7640
Monday to Friday, 9am–5pm
Adfam provide information and advice to families facing problems with drugs or alcohol.

<http://www.nacoa.org.uk/>

National Association for Children of Alcoholics, confidential helpline: 0800 358 3456, Monday to Friday, 10am–7pm; Tuesday/Wednesday/Thursday, 10am–9pm and Sat: 10am–3pm.
Offers information, advice and support to the children of alcoholics.

Are you concerned about domestic abuse?

Domestic Abuse

In an emergency dial 999

Women's Domestic Abuse Helpline

Tel: 0161 636 7525
Monday to Friday, 10am–4pm
Confidential support for women who are experiencing or have experienced domestic abuse or violence.

Independent Domestic Violence Advice Service

Tel: 0161 234 5393
Monday to Friday, 9am–4pm.
At other times telephone 07798 947 596 to leave a message, an advisor will get back to you. Confidential, specialist advice for people who are experiencing or have experienced domestic abuse.

National Domestic Violence Helpline

Tel: 0808 200 0247, Freephone,
24 hours/365 days
Confidential support for women who are experiencing or have experienced domestic violence.

Broken Rainbow

Tel: 08452 60 44 60,
Monday, 2–8pm,
Wednesday, 10am–1pm,
Thursday 2–8pm
Confidential support for lesbian, gay, bisexual and transgender (LGBT) people experiencing domestic violence.

Male Advice and Enquiry Helpline

Tel: 0800 801 0372
Monday to Wednesday, 10am–12pm and 2–5pm
Confidential support for men experiencing domestic abuse from their partners.

<http://www.endthefear.co.uk>

<http://www.manchester.gov.uk/domesticabuse>

Do you have mental health problems and misuse drugs or alcohol?

Dual Diagnosis Clinics

Tel: 0161 720 2005
Monday to Friday, 9am–5pm (leave answerphone message when busy.)
Offers advice and interventions to help clients cut down, or stop using, drugs or alcohol.

Do you want help to cut down or stop drinking?

Acorn Treatment and Housing (Previously known as ADAS)

Tel: 0161 248 6409,
24 hours/365 days
Offer a comprehensive package of alcohol intervention and treatment and a family therapy programme. You will need a community care assessment carried out by the Alcohol Assessment and Care Management Team (Tel: 0161 255 8250 24 hours/365 days).

Alcoholics Anonymous

Helpline: 0161 236 6569
365 days: 11am–11pm
<http://www.alcoholics-anonymous.org.uk>
Offers help attending local AA meetings throughout the City. Details of Meetings can also be found at <http://www.manchestermeetingslist.com>

Brian Hore Unit

Tel: 0161 217 4166/4435
Monday to Friday, 9am–8pm,
Saturday & Sunday 9am–3.30pm,
365 days
Offers support for individuals who are maintaining or working towards long-term abstinence from alcohol. Provides daily support groups, a structured programme, one-to-one counselling, a drop-in centre and outpatient detoxification. Also offers Outpatients Clinic for assessment and support from a Consultant Psychiatrist specialising in alcohol and mental health problems – Monday to Friday, 9am to 5 pm.

Manchester Community Alcohol Team

Tel: 0161 882 1300
Monday to Friday, 9am–4pm
<http://www.manchestercat.org>
Offer a confidential service on a one-to-one basis, for people age 16+ who want to cut down or give up drinking. This includes home detoxification and advice to people affected by someone else's drinking.

Frank Cohen Support Group

Tel: 0161 205 7508
Monday to Friday, 9am–12.30pm
Offers drop-in support, help and advice to people with dependency problems.

Zion Alcohol Group

Zion Resource Centre reception
Tel: 0161 226 5412
Monday to Friday, 9am–5pm
<http://www.zioncentre.org.uk>

Reception will put you through to the group, which offers support to people who have problems as a result of their drinking.

<http://www.downyourdrink.org.uk/>
Down Your Drink is a six-week online programme that tells you what you need to know to drink safely.

Do you need help to stay in your own home?

Alcohol Assessment and Care Management Team

Tel: 0161 255 8250,
24 hours/365 days
Offers confidential advice and support, which can include treatment options, assistance with benefits, help to reduce neighbour nuisance or with personal care. Can also help access structured residential rehabilitation or daycare to achieve long-term sobriety.

Housing Support Services

Tel: 0161 234 5000 and ask for Housing Support Services
Monday to Friday, 9am–4.30pm
Provides housing-related support to any resident of the City of Manchester, regardless of their tenure status or income, to enable them to maintain or resume independent living in the community.
<http://www.manchester.gov.uk/housingsupport>

Independent Domestic Violence Advice Service

Tel: 0161 234 5393
Monday to Friday, 9am–4pm.
At other times Telephone 07798 947 596 to leave a message; an advisor will get back to you.
Confidential help with housing issues for people who could become homeless because of domestic abuse.

Do you need somewhere to live that can help you stay sober?

Turning Point Hostel Accommodation

Male only hostel – Tel: 0161 203 5615,
24 hours/365 days
Mixed male and female hostel – Tel: 0161 203 5634,
24 hours/365 days
Offer temporary supported accommodation for people who have problems with alcohol and/or drugs. Also provide housing support Tel: 0161 202 3141.

Newbury House

Tel: 0161 224 5729
Monday to Friday, 9am–5pm
Offers accommodation with a structured alcohol programme for approximately 12 months.

Bennett House

Tel: 0161 795 4003
Monday to Friday, 9.15am–5pm
Offers accommodation with a structured alcohol programme for men who are dependant drinkers and want to stop drinking. You will need a community care assessment carried out by the Alcohol Assessment and Care Management Team (Tel: 0161 255 8250, 24 hours/365 days).

Do you need somewhere to live and want to continue to drink?

Heavy Drinkers Project

Tel: 0161 448 2210,
24 hours/365 days
Offers supported accommodation for men and women unable to maintain independent accommodation due to alcohol-related problems. Not all the accommodation is staffed 24 hours, seven days a week. Residents are allowed to drink after agreeing an individual 'drinking plan', which aims to stabilize their alcohol consumption and reduce the harm from heavy drinking.

Mary and Joseph House

Tel: 0161 273 6881
Monday to Friday, 8am–5pm
A residential care home staffed 24 hours a day, seven days a week, for men who have past or present mental health problems or alcohol dependency. You will need a community care assessment carried out by the Alcohol Assessment and Care Management Team (Tel: 0161 255 8250, 24 hours/365 days).

Morning Star Hostel

Tel: 0161 868 0606
Monday to Friday, 9am–4pm
Temporary accommodation staffed 24 hours a day, seven days a week, for homeless men who continue to drink. Alcohol is allowed in certain areas. Referrals are made by homelessness and housing agencies and the Cornerstones Day Centre.

alcohol
অ্যালকোহল
Alkohol
شرب ٤١٣
L' alcool
الكحول ٤١٣
Aalcolo
স্বাস্থ্য Ruḡu
KNOW THE FACTS

Additional support

Manchester Rape Crisis Helpline

Tel: 0161 273 4500
Wednesday and Thursday 6pm–9pm, Friday 2pm–5pm
Confidential support service run by women for women and girls who have been raped or sexually abused.

Alcohol Assessment and Care Management Team

Tel: 0161 255 8250
24 hours/365 days
Confidential advice and support if you, or someone you know, are aged from 18 to 65 and are being exploited or abused.

BME Drugs & Alcohol Helpline

Tel: 0161 232 5389
Monday to Friday, 9am–5pm
Not bank holidays.
Confidential advice and information for Black and Minority Ethnic (BME) people available in English, Urdu, Bangla, French, Sahota, Patios, Swahili, Luganda, Italian, Portuguese and Shona – ask about other languages. Landline calls charged at local rates. Your number will not be retained and staff can call you back if you wish.

LGF (Lesbian & Gay Foundation) Helpline

Tel: 0845 3 30 30 30
6pm–10pm 365 days
LGF Office Tel: 0161 235 8035,
Monday to Friday, 9am–5pm
Confidential advice and information for lesbian, gay and bisexual people.
<http://www.lgf.org.uk>

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WHERE TO GET HELP

Alcohol – know the facts and the risks

Drink Check Quiz	Scoring					Your Score
	0	1	2	3	4	
How often do you have a drink containing alcohol?	Never	Monthly or less	2-4 times per month	2-3 times per week	4+ times per week	
How many units of alcohol do you drink on a typical day when you are drinking? See the chart below for the unit content of popular alcoholic drinks.	1-2 units	3-4 units	5-6 units	7-8 units	10+ units	
How often have you had 6 or more units if female, or 8 or more if male, on a single occasion in the last year?	Never	Monthly or less	Monthly	Weekly	Daily or almost daily	
Total						

Alcohol – Drink Check

How do you know if your alcohol use is putting you at risk? Thinking about the last 12 months, complete the quiz (see left).

A total of 5+ suggests your drinking levels may be at increasing risk or higher risk levels. Think about completing the full Drink Check quiz with a health advisor or visit <http://www.drinkcheck.nhs.uk> Your drinking levels may still be at risk if you score less than 5 if you are pregnant, taking certain medicines or suffering from a long term health problem.

If you are worried about your own drinking or someone else's drinking, contact your doctor's surgery or check out the local services over the page.

Text SMART to 80480 for your free self-help guide or call the Community Alcohol Team on 0161 882 1300.

Over 50? Visit <http://www.drinksafeover50.com/>

Risks if drinking when pregnant or trying to conceive

Drinking any alcohol in the first 3 months of pregnancy increases the chance of miscarriage. Pregnant women or women trying to get pregnant should avoid alcohol. If you choose to drink, to protect your baby, it is important that you drink no more than 1-2 units once or twice a week and should not get drunk.

How to reduce risk

- Know your units and choose lower strength alcoholic drinks
- Eat before or with alcohol, as feeling full can help you pace your drinks
- Alternate alcoholic drinks with water or soft drinks
- If you can, avoid caffeinated mixer drinks; caffeine can speed up the effects of alcohol
- It is a good idea to have one or two alcohol free days a week
- Don't get a friend another drink if they're already drunk

Drinking alcohol at home

- Remember measures are often larger when pouring your own drinks
- Set your own personal limit before you start
- Buy in non-alcoholic drinks as an alternative, especially when you're thirsty
- If children are around, set a good example by drinking responsibly yourself and make sure you store alcohol in a safe place

Going out for a drink

- Plan how to get home while you're sober
- Choose a safe venue to go out, look for the Best Bar None sign



- Avoid people topping up your drinks and don't leave your drink unattended
- Don't get into an unlicensed taxi; use one you can trust
- Make responsible drinking and safer nights out that bit easier with a Think Safe Drink Safe Card, to register visit <http://www.tsdsocard.com>

إذا كنت تتكلم العربية يمكن أن تطلب المعلومات بخصوص خدمات الكحول عن طريق الاتصال بموظف الربط لبلدية مدينة مانشستر على الرقم 0161 245 7070. يمكن أن يساعدك على الاتصال بالخدمة التي

পনি যদি বাংলা অথবা সিলেটী বলেন, তাহলে আপনি অ্যালকোহল সার্ভিস সম্পর্কে তথ্যের জন্য ম্যানচেস্টার টি কাউন্সিলের লিঙ্কওয়ার্কারকে জিজ্ঞাসা করতে পারেন 0161 245 7056 এই নম্বরে টেলিফোন করার ধ্যমে। যেসব সার্ভিস আপনার বেশী কাজে লাগতে পারে তাদের সাথে যোগাযোগ করিয়ে দিতে তারা পনাকে সাহায্য করতে পারে।

Ako govorite bosanski vi možete se raspitati za informacije o službi u vezi alkohola nazivajući Manchester City Council Linkworker na 0161 245 7068. Oni vam mogu postaviti u vezi sa službom koja vas može najbolje pomoći.

如果你是說廣東話或普通話，你可以致電 0161 245 7058 向曼城市政府的聯絡員索取有關戒酒服務的資料。他們可以協助你聯絡對你最有用的服務。

Si vous parlez le français vous pouvez demander des informations concernant les services de l'alcool en appelant l'assistant du Conseil Municipal de Manchester au 0161 245 7053. il peut vous aider à contacter le service qui vous convient le plus.

आप गुजराती अथवा कच्छी बोलता होय तो, मांसेस्टर सिटी काउन्सिल लिंकवर्करने, 0161 245 7065 नंबर पर फोन करीने, टाड्नी सेवाओ अंगेनी माहिती माटे पूछी शको छी. तेओ आपने उपयोगी थाय तेवी सेवानो संपर्क करवामां सहाय करी शके छे.

ਜੇ ਤੁਸੀਂ ਪੰਜਾਬੀ ਬੋਲਦੇ ਹੋ ਤਾਂ ਤੁਸੀਂ ਮਾਨਚੈਸਟਰ ਸਿਟੀ ਕੌਂਸਲ ਦੇ ਲਿੰਕਵਰਕਰ ਨੂੰ ਟੈਲੀਫੋਨ ਨੰਬਰ 0161 234 5601 ਤੇ ਫੋਨ ਕਰਕੇ ਸ਼ਰਾਬ ਸਬੰਧੀ ਸੇਵਾਵਾਂ ਬਾਰੇ ਜਾਣਕਾਰੀ ਲੈ ਸਕਦੇ ਹੋ।

Haddii aad af Soomaali ku hadasho waxaad warbixinta ku saabsan adeegyada aalokolada ka codsan kartaa telefoon ahaan Xiriiriyaha Golaha degaanka Magaalada Manchester lambarka 0161 245 7059. Waxay kaa caawin karaan si aad la xariirto adeegyada kuugu wanaagsan.

اگر آپ اردو بولتے ہیں اور آپ کو الکحل (شراب سے متعلقہ) سروسز کے بارے میں معلومات درکار ہے تو آپ مینجمنٹ کونسل لنک ورکر کو 0161 234 5601 پر فون کر سکتے ہیں۔ وہ آپ کیلئے سب سے موزوں سروس کے ساتھ رابطہ کروانے میں آپ کی مدد کر سکتے ہیں۔

Nếu bạn nói tiếng Việt bạn có thể hỏi thông tin về các dịch vụ giúp cai rượu bằng cách gọi điện thoại đến Nhân Viên Liên Kết của Hội Đồng Thành Phố Manchester vào số 0161 245 7067. Họ có thể giúp bạn liên hệ dịch vụ nào có ích nhất cho bạn.

One drink isn't always one unit



Alcopop

5% ABV
275ml

1.4

264 kcals



Double Vodka

40% ABV
70ml

2.8

144 kcals



Pint of Lager

5.2% ABV
568ml

3.0

244 kcals



Large Wine

14% ABV
250ml

3.5

196 kcals



Strong Lager

9% ABV
500ml

4.5

364 kcals



Strong Cider

7.5% ABV
1 litre

7.5

420 kcals



Bottle of Wine

12% ABV
750ml

9

498 kcals



1/2 Bottle of whiskey

40% ABV
350ml

14

350 kcals



Bottle of vodka

40% ABV
700ml

28

1568 kcals

How much is too much?

WOMEN
No more than
2-3 units a day
regularly*

Lower risk levels

MEN
No more than
3-4 units a day
regularly*

Weight Gain

Unsafe Sex

High Blood Pressure

Violence

Liver Damage

Depression

Dependence

* regularly means most days or every day



MANCHESTER
CITY COUNCIL



Public Health Development Service



ALCOHOL
KNOW YOUR
LIMITS

Drinkline
0800 917 8282

Websites
<http://www.units.nhs.uk>
<http://www.drinkaware.co.uk>

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