

Support in York around alcohol and/or drug use

Service		Details	How to access	Contact details
York Drug and Alcohol Service (YDAS) <i>Run by Changing Lives and Spectrum CIC</i>	Blossom St Treatment Service 3 Blossom Street, YO24 1AU	<p>Support to anyone with a dependency to drugs and/or alcohol.</p> <p>Our workers and clinical staff can help to create a recovery programme that aims to achieve each individual's goals.</p> <p>We can offer a range of support including health screening, signposting to other agencies (including signposting family, children, and carers to services to support them), clinical support, access to peer support groups and mutual aid.</p> <p>Opening times: Mondays and Thursdays: 9.00am - 7.30pm Tuesdays, Wednesdays and Fridays: 9.00am - 5.00pm Saturdays, Sundays and Bank Holidays: Closed</p>	Self-referral or 3 rd party with consent	www.changing-lives.org.uk/services/drug-alcohol/york-drug-alcohol-support-services/ york-info@changing-lives.org.uk 01904 464 680
	Young Person's Drug and Alcohol Service Support workers work from community locations around York	<ul style="list-style-type: none"> • Support to anyone under the age of 21 who is in full time education or who has not been in treatment services before and is using or thinking about using drugs/alcohol. • Support to anyone under the age of 18 affected by someone else's use of drugs/alcohol 	Self-referral, 3 rd party referral with consent.	www.changing-lives.org.uk/services/drug-alcohol/changing-lives-york-young-persons-drug-alcohol-service 01904 464 680 york-info@changing-lives.org.uk WhatsApp: 07812672578 Insta: @changinglives_thrive
	Needle Exchange 3 Blossom Street, YO24 1AU	Needle Exchange opening times: Monday: 9.00am - 7.00pm	Self-referral	

		<p>Tuesday: 9.00am - 4.30pm Wednesday: 9.00am - 4.30pm Thursday: 9.00am - 7.00pm Friday: 9.00am - 4.30pm</p> <p><i>Also available in local pharmacies:</i> Citywide Health – Water End Pharmacy Day Lewis PLC Living Care Pharmacy – Green Lane Lloyds Pharmacy - Huntington The Pharmacy Group – Fulford Boots – Coney Street Boots – Clifton Boots – Monks Cross</p>		
	Oaktrees 12 week programme	<p>12 week abstinence-based full-time day treatment centre for individuals who want to be free from drugs and alcohol, with the aim to help people to stop the cycle of addiction</p> <p>The programme includes:</p> <ul style="list-style-type: none"> • one-to-one counselling and group therapy • introduction to mutual aid and 12 step philosophy • workshops to develop relapse prevention strategies and improve health and wellbeing • recovery support for 12 months post completion of the programme • support with employment, volunteering and educational opportunities <p>The Oaktrees team will work with you at any stage of their recovery journey to support access to the programme, including through a weekly pre-treatment group.</p>	Self-referral / via other YDAS services	<p>www.york.gov.uk/Oaktrees</p> <p>01904 621776 oaktrees.york@changing-lives.org.uk</p>

	Keep it Simple	Run by the Oaktrees team 7 x weekly 1 hour sessions	Self-referral / via other YDAS services	01904 621776 oaktrees.york@changing-lives.org.uk
	Changing Habits Appointments are held in GP practices / community locations around York	<ul style="list-style-type: none"> Up to 8 x 1 hour sessions to support you build new ways of coping with life's stresses using therapeutic models such as ACT, 12 step work, mindfulness & social prescribing Support to address problematic alcohol use that may not require full-time treatment such as Oaktrees or clinical treatment from YDAS (most clients will have an Alcohol AUDIT score of 10-18) 	Self-referral or via GPs or a wide range of local services (housing support workers are very welcome to refer)	changinghabits@changing-lives.org.uk 01904 621776 <i>Promotional leaflets are available – just contact the team</i>
	Criminal Justice Team	<ul style="list-style-type: none"> Team of 4, working with Criminal Justice partner services to provide enhanced support for people who have problematic substance use Provide harm reduction training including Naloxone training 	Referrals are from criminal justice partner services	york-info@changing-lives.org.uk 01904 464 680
	Hospital Liaison Assessment Practitioner	Engages with patients at varied points within York Hospital, primarily through A&E, Ward 33 and AMU, delivering a comprehensive assessment to inform the best pathway for each person, empowering them to take ownership of and responsibility for their recovery journey.	Referrals are from medical professionals working in the hospital	
Recovery Cafes	Mondays 12-2pm Drop-in run by Changing Lives in collaboration with York In Recovery at Tang Hall Community Centre, Fifth Avenue, YO31 0UG	Fancy a Cuppa? The recovery cafes are warm, friendly spaces to come and find out what is happening for those in recovery around York.	You're welcome to just turn up!	www.york.gov.uk/Oaktrees

	Thursdays 1-4pm Run by York in Recovery at St Bede's Pastoral Centre, 21 Blossom Street, YO24 1AQ	If you are looking for support, affected by addiction or want to support recovery, you're welcome to drop in. Whether you're 10 years sober, 2 weeks, or if you're not sober or still using but want to come and meet people and scope out what it's all about, you're very welcome.	You're welcome to just turn up!	www.yorkinrecovery.org.uk/recovery-cafe Ring Mark or Laura for more details: 07928736610 / 07724312084
	Sundays 11am-1pm Run by York in Recovery at Clementhorpe Community Centre, Lower Ebor St, YO23 1AY			
City of York Council Health Trainers Health trainers work from community locations around York and online	Free confidential one-to-one support and guidance, face-to-face or remotely, on reducing your alcohol intake and/or: <ul style="list-style-type: none">• healthy eating advice and weight management• finding new ways to be more active• quitting smoking• helping you find groups and activities	Self-referral Or referral via GPs or a wide range of local services (housing support workers are very welcome to refer)	www.york.gov.uk/CYHealthTrainers Online self-referral: www.york.gov.uk/form/CYCHealthTrainers 01904 553377 cychealthtrainers@york.gov.uk	

Mutual aid groups: There are also a wide range of mutual aid groups running in York, including: [SMART Recovery](#), Alcoholics Anonymous, Narcotics Anonymous. Any of the York Drug and Alcohol Service teams will be able to give you information.