

This guide answers the questions you may have about NHS services available for people who have problems with alcohol, drugs or who wish to give up smoking in Grampian



English



A guide to services for people who have problems with alcohol, drugs or who wish to give up smoking

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Services for People with Alcohol Problems

NHS Grampian works with its partner organizations in Aberdeen City, Aberdeenshire and Moray to prevent and address the harm caused by excessive drinking.

Health problems which can occur due to excessive drinking are:

- Weight gain
- Dehydration
- Early ageing
- Sleep problems
- Cancer
- Liver disease
- Mental health problems
- Stroke
- Fertility and pregnancy problems
- Loss of sex drive
- Blood pressure

Excessive drinking can also lead to risky sexual behaviour which can result in unplanned pregnancy or contracting Sexually Transmitted Infection (STI).

Stress and worries can often be a factor on how much you drink. Talking about them can be a good first step to resolving your drinking problems.

NHS Grampian has an appointment only Integrated Alcohol Service which offers assessment, treatment, care-planning and support. This service can be accessed only by referral through your GP or other hospital services.

If you are worried about yourself or someone else's drinking, please contact the NHS Grampian Free Healthline on: **0500 20 20 30** or email: **healthpoint@nhs.net**

NHS Grampian Healthpoints and Healthline offer free and confidential advice from trained staff on a wide range of topics. Healthpoint is a walk-in service which offers free advice or information. Please visit the **NHS Grampian Healthpoints** in:

Aberdeen Indoor Market

8-10 Market Street, Aberdeen AB11 5NX
Open 10am to 4pm Monday to Saturday

Aberdeen Royal Infirmary

Foresterhill, Aberdeen AB25 2ZN
Open: Monday, Tuesday & Friday 10am to 4pm
Wednesday & Thursday 10am to 7pm

Dr Gray's Hospital

Elgin IV30 1SN
Open 9am to 5pm Monday to Friday

All NHS Grampian Healthpoints have access to "Language Line" and our advisors can communicate with you in the language of your choice.



Services for People with Drug Problems

NHS Grampian works with its partner organizations in Aberdeen City, Aberdeenshire and Moray to prevent and address the harm caused by drugs and substance misuse.

Drug misuse is when a person takes illegal drugs or when they take medicines in a way not recommended by their GP or the manufacturer. Some illegal drugs have been categorized as prescription only, meaning they may only be used legally if prescribed by a doctor, otherwise they are illegal to use, possess or supply in any circumstances.

Taking illegal drugs carries many serious health risks and some drugs contain other substances that can be very harmful to your health.

Short term effects of illegal drugs may include:

- Dizziness and sickness
- Dry mouth, lips and tongue
- Panic and paranoia
- Hallucinations
- Loss of co-ordination
- Dehydration



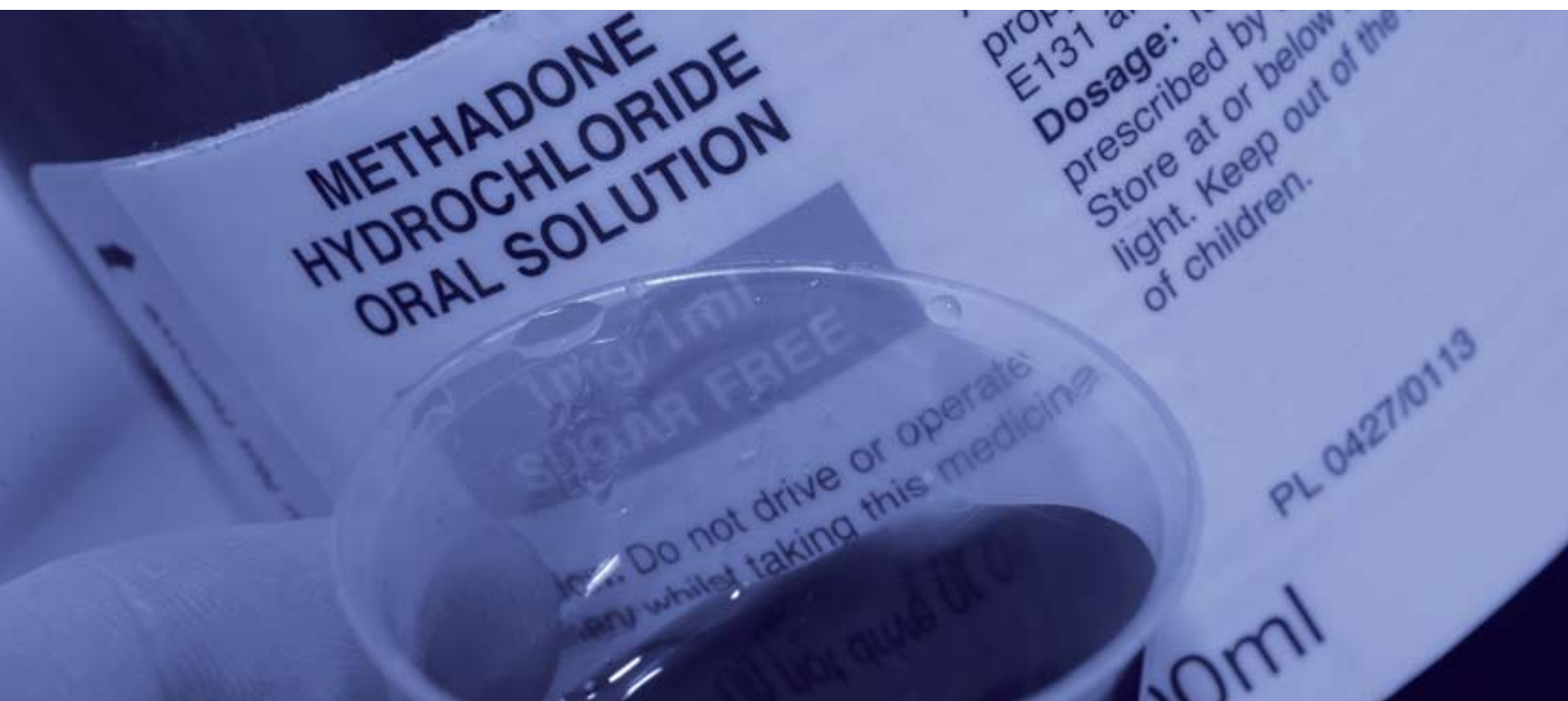
Long term effects may include:

- Lung disease and cancer
- Respiratory problems
- High blood pressure
- Infertility
- Mental health problems such as depression and schizophrenia
- Insomnia
- Weight loss and malnutrition
- Serious infections, such as HIV and hepatitis
- Other health problems

It is dangerous to mix alcohol and drugs.

Pregnant women who use illegal drugs risk the health of their babies because it can cause low birth weight and birth defects. Their babies may also be born addicted to drugs.

If you have a drug problem, you should see your GP. They can give advice, support and refer you for specialist treatment.



The treatment needed to tackle drug misuse depends on a person's individual needs. There are different types of drug treatment services available, these include:

- Informal advice and information on giving up drugs
- Harm reduction services to prevent blood-borne diseases and drug-related death
- Prescribing substitute drugs like methadone to reduce addictive cravings and enable drug users to stop taking illegal drugs
- Counselling and psychological support
- Structured day programme including group work, counseling, education and life skills, and creative activities
- Detox
- Rehab
- Aftercare – this is support for when clients leave treatment to help them return to normal lives

For advice on services, please contact NHS Grampian Healthline on: **0500 20 20 30** or visit any of the NHS Grampian Healthpoints (see page 2).

NHS Grampian has an appointment only Integrated Drugs and Substance Misuse Service which offers specialist assessment, treatment, care-planning and support for drugs and alcohol. This service can be accessed only by referral through GP or other hospital services.



Services for People Who Wish to Stop Smoking

The **NHS Grampian Smoking Advice Service** provides free, confidential advice and support to anyone who wants to stop smoking. The Smoking Advice Service is available to help people of all ages, including under 16s.

Why should I stop smoking?

By giving up smoking, both you and your wallet will be healthier. Do you know that there are many immediate health benefits when you stop smoking?

- Within 20 minutes, blood pressure and pulse rate return to normal, your circulation improves
- Within 8 hours, oxygen levels return to normal and the risk of heart attack begins to lessen
- Within 24 hours, carbon monoxide is removed from the body and the lungs begin to clear debris
- Within 48 hours, nicotine is removed from the body

If you are pregnant, giving up smoking is the best thing you can do to help your baby get a good start in life.

Who can help?

- Local Advisors
- Your local GP or Practice Nurse
- Your Pharmacist
- Midwife or Health Visitor

What support is available?

Everyone smokes for different reasons, so everyone will find they need different types of help to stop. The Smoking Advice Service will support you and also help you access the treatment best suited for your needs. You can be seen by an advisor either one-to-one or in a group.

A group support programme consists of sessions to help you quit smoking along with other people who want to give up. Research shows that the more support you get (i.e. support in combination with medication) the better your chances of stopping for good.

- Led by a trained Smoking Cessation Advisor
- 6 weekly sessions of one hour each
- Offers sharing of experiences from other people to quit smoking
- Provided throughout Grampian at different times and locations
- Able to help you access different medications to help you stop smoking



What medications are available to help me stop smoking?

Nicotine Replacement Therapy (NRT) works differently to cigarettes. It is available in gum, patches, tablets, nasal spray, lozenges or inhalator. It does not contain toxic chemicals like tar or carbon monoxide. NRT is suitable for most people, however you should check with your doctor if you are pregnant, have a heart condition or if you take regular medication.

You can buy some types of NRT 'over-the-counter' – please ask your local pharmacist for advice. Your pharmacist can also offer you support when you buy these products.

Zyban and **Champix** are medications that help to reduce the craving for nicotine. They are available only on prescription from your GP and are not medically suited for everyone.

How to contact NHS Grampian Smoking Advice Service?

For free specialist smoking cessation advice, **Freephone: 0500 600 332**. Open 9am to 5pm Monday to Friday.

Email: **grampiansas@nhs.net**

Outwith office hours, please contact **NHS Smokeline** on: **0800 84 84 84** (available from 12 noon to 12 midnight daily).



Will I be able to communicate with the doctors and nurses if I speak little or no English?

All GP Practices, Hospitals and Community staff in Grampian are equipped with the "Language Line" telephone interpretation service. "Language Line" gives access to expert interpreters on the telephone, for 120 different languages, in 60 to 90 seconds. If you are non-English speaking or if your English is not very good, you will still be able to communicate easily with your doctor or nurse. If you prefer, you can use "Language Line" to inform your doctor or nurse that you would prefer the presence of a "face to face" interpreter, if possible, for future appointments.

Alternative languages and formats

This publication is available in English and other languages. It can be supplied in large print, on CD or other formats on request. Please ask an English speaking friend or relative to phone, write or email Corporate Communications.

The details are:

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