

Drug and Alcohol Services



**Change
Grow
Live**

Clients will be offered a service based on priority, you can access the service by calling: **03003038160**
www.changegrowlive.org

CGL Star is the treatment provider for East Sussex supporting anyone with Drug or Alcohol dependency. For anyone requiring a prescription or further support in their recovery from substance addiction, please speak to CGL star for help. CGL are still accepting new referrals.



Support via phone, text, Skype or Facetime through the working week. **Email:** U19SMS@eastsussex.gov.uk
Or Call: 01323 464 404

U19s Substance misuse team

For support with drug or alcohol use or addiction for anyone under the age of 19, this service is still supporting clients with a multi disciplinary team and taking referrals.



To make a referral **call:** 07920786352
Email: esfact@cranstoun.org.uk
Phone support through the week, accepting new referrals.

East Sussex Family's and Carers Team support those who are caring for someone who has an alcohol or drug addiction or impact of mental health. Supporting carers via phone.



To refer **call:** 07884263824 | 01424 446292 | 03301077808
Email: editor99100@btinternet.com
Facebook: [ESVH99100](https://www.facebook.com/ESVH99100)

East Sussex Veterans Hub 99/100 is a service supporting all veterans in East Sussex, including those struggling with alcohol or substance addiction. We can support you to get the help you need, and refer you to other services. We are accepting new referrals, have a closed whatsapp group, telephone support and a weekly newsletter.



To refer call: 01424 435318 Email: info@esrauk.org
Website: www.esrauk.org
Facebook: [ESRA recovery hubs](https://www.facebook.com/ESRArecoveryhubs)

East Sussex Recovery Alliance is a mutual aid charity offering a support service for people in recovery from drugs and alcohol. See our website and facebook page for updates of services, we are still accepting referrals and offer support over the phone.



Self refer online: <https://www.tfaforms.com/4703113>
Call: 07718126515
Email: owrs@oasisproject.org.uk

Oasis Womens Recovery Service is a gender specific service supporting women only for those using or recovering from addiction to drugs or alcohol. Still accepting referrals, this service continues to support women via phone, speak to the team to find out more.



Call: 01424 717981
Facebook: [Seaview Project](https://www.facebook.com/SeaviewProject)
Email: admin@seaviewproject.org.uk

Seaview Project offers a variety of services to street homeless and vulnerable people, including those using drugs and or alcohol. Centre is closed, accepting referrals via phone or email to arrange support such as resources including food and clothes.



CV19

STAY AT HOME

PROTECT THE NHS

save lives

FRANK

The Information Advice and Guidance service for drugs and alcohol.

Our live chat service operates from 2pm - 6pm, 7 days a week.

0300 1236600

Text 82111

Find FRANK online at:

<https://www.talktofrank.com/>

For email use the site:

<https://www.talktofrank.com/contact-frank>



I LIVE IN ST LEONARDS,
I HAVE THE BEST JOB,
AN AMAZING WIFE AND
THREE DOGS THAT I
LOVE.

MY NAME IS KANNA

I'm a recovering alcoholic.



I LIVE IN EASTBOURNE.
I'M A PROJECT
CONSULTANT AND MENTOR
MANY PEOPLE.

MY NAME IS PETER

I am in recovery.

HM Government

NHS

CORONAVIRUS
STAY AT HOME
SAVE LIVES

The only reasons to leave home are to:

- ✓ shop for basic necessities, pick up medicine, travel to work when you absolutely cannot work from home and exercise once a day - alone or with members of your household.
- ✗ Do not meet others, even friends or family.

CORONAVIRUS
STAY HOME
PROTECT THE NHS
SAVE LIVES

Daily Meeting

Regional Meeting

LGBTQ (specific) Welcome

Women Only

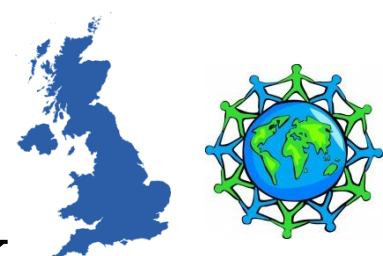
Men Only

 Key for below: Online Recovery meeting timetable

Mon	Tues	Wed	Thur	Fri	Sat	Sun
					AA 730am (Seaford)	
AA 10am NA 11am	AA 10am NA 11am	AA 10am NA 11am	AA 10am NA 11am	AA 10am NA 11am	AA 10am NA 11am	AA 10am NA 11am
NA 1930pm	NA 1930pm AA 8pm (Bexhill) AA 8pm (Brighton)	NA 1930pm	NA 1930pm AA 8pm (LGBTQ-Brighton)	NA 1930pm AA 8pm (Lewes)	AA 6pm (Hastings group) NA 1930pm	NA 1930pm

Multiple Online meetings- National/Global:

- AA/NA/CA global online recovery, multiple meetings daily: <https://www.intherooms.com/home/live-meetings>
- Smart Recovery Online meetings- multiple meetings a week <https://smartrecovery.org.uk/online-meetings/>



Phone Support or online app



BREAKING FREE ONLINE APP

- You can now access a recovery app for free
1. Go to www.breakingfreeonline.com
 2. Click to register
 3. Enter code: eastsussex11
 4. Use this [YouTube](#) video to see more

Features include a motivational text being sent to your phone to maintain your goals! Manage your recovery from home, yourself or in addition to online groups and telephone support.



Befriending Telephone service for isolated/vulnerable people:

Hastings Voluntary Action: Befriending [page](#)

SCDA befriending -[Hailsham](#)- and surrounding areas

- CGL Star**
 - I. Peer phone call support
 - II. Key working calls
 - III. Peer run closed whats app group
- East Sussex Recovery Alliance**
 - I. Key work phone calls Mon-Fri 9am-3pm
 - II. Virtual coffee mornings/Online groups (Zoom-TBC)
 - III. Facebook groups (closed)
- Oasis Women's Recovery Service**
 - I. Keyworkers phone call support
 - II. Online groups (Zoom- TBC)
- East Sussex Veterans Hub 99/100**
 - I. Keyworkers phone call support
 - II. Closed whatsapp group (music/art/ information/group chat)

