

ACCESSING OUR SERVICE

STAR is available to all residents of East Sussex who are 18 or over.

If you would like to speak to somebody about your alcohol or substance use, you can contact the service directly by phone, email or by dropping in to one of our local hubs.

You can refer yourself directly to the service or you can be referred by your GP or another agency.



CONTACT US

Call freephone number:
0300 30 38 160

LOCATIONS



Hastings

Thrift House, 13 Wellington Place,
Hastings TN34 1NY

Uckfield

Variety of locations, please contact the
number above for more information.



OPENING HOURS

Monday-Saturday: 8am-8pm



Eastbourne

Lift House, 6 St Leonards Road,
Eastbourne BN21 3UH



A county-wide service
for anyone affected by
either drugs or alcohol.



WHO ARE WE?

STAR provides free drug and alcohol recovery services across East Sussex. Our recovery team includes doctors, recovery nurses, key workers, counsellors, trained volunteers and peer mentors.



WHAT DO WE DO?

East Sussex Drug and Alcohol Recovery Service works with adults who want help to deal with a drug or alcohol problem and who want to build a healthier, happier life for themselves. We also support friends, families and carers.

Young people under 19 should contact the Under 19s Service on 01323 464 404.

WHAT DO WE OFFER?

Wellbeing clinic – recovery nurses provide health care advice, screening and vaccinations for blood borne viruses, such as Hepatitis C.

Advice, guidance and support – including access to a nurse and key worker for one-to-one support.

Assessment for structured treatment if needed.

A personalised recovery plan looking at your needs, which we will review together regularly.

Talking therapies – to help you build and maintain your motivation, understand your drug or alcohol use, and support you to make long-term changes for a healthier and happier life.

Group support – therapeutic and educational group support for people at all stages of recovery.

Medically assisted recovery – medical detoxification and alternative medication if you are physically dependent on drugs or alcohol.

Health and wellbeing bus – county bus that provides group, one-to-one and medically assisted recovery support to those in more rural areas of the county.

Needle exchange – safe, clean equipment and advice if you inject drugs, including anabolic steroids.

HELP AND SUPPORT

To help maintain your recovery we offer ongoing support including:

- ★ Counselling
- ★ Rehabilitation support
- ★ Connections to community groups and services
- ★ Support from a peer mentor; a fellow service user who is at an advanced stage of their recovery journey
- ★ Family and carer groups to support your loved ones
- ★ Joint working with mental health services, if required, to identify appropriate support
- ★ Links with local colleges and employers to provide training, education and employment opportunities
- ★ Advice and support if you are worried about your accommodation

FAMILIES, FRIENDS AND CARERS

We understand that it can be very difficult to deal with the behaviour of someone close to you who misuses drugs or alcohol. You will face many challenging situations and may need advice about what to do to help your loved one. We can provide one-to-one and group support where you can share your experiences with others who know what you are going through.

