

## Who will help me?

Addiction is complicated and it takes a lot of skills, knowledge and experience to address it. No matter what situation you are in, we can always find a solution to help you on your way to a brighter future.

Greater Manchester Mental Health NHS Foundation Trust is the lead provider for Achieve, but we proudly work in partnership with the following organisations. Together – with their years of experience and knowledge – we can offer you the best care and support possible.

### Early Break



- [www.earlybreak.co.uk](http://www.earlybreak.co.uk)
- earlybreakuk
- earlybreakuk

### Intuitive Thinking Skills



- [www.intuitivethinkingskills.co.uk](http://www.intuitivethinkingskills.co.uk)
- IntuitiveRecovery
- Intuitiveskills

### Great Places



- [www.greatplaces.org.uk](http://www.greatplaces.org.uk)
- GreatPlacesHousing
- mygreatplace

### The Big Life Group



- [www.thebiglifegroup.uk](http://www.thebiglifegroup.uk)

### THOMAS



- [www.thomasonline.org.uk](http://www.thomasonline.org.uk)

### Salford Royal NHS Foundation Trust



- [www.srft.nhs.uk](http://www.srft.nhs.uk)
- SalfordRoyalNHS
- SalfordRoyalNHS

## Contact us?

Achieve is a dedicated service for anyone in Bolton, Salford or Trafford experiencing problems with drugs and/or alcohol. If you live in one of the following areas you can call us:

1. Bolton on 01204 483 090

2. Salford on 0161 358 1530

3. Trafford on 0161 358 0991

## What happens next?

One of our team members will contact you to arrange an initial appointment. At this appointment we will develop a plan together to address your short-term and long-term needs and how we can support you at each stage.

## Feedback

### Customer Care Team

- 0800 587 4793
- customer@mmh.nhs.uk (freephone)

Please contact us if you require support with this information, including other languages, audiotape, Braille or larger print.

## For more information about GMMH

- [www.gmmh.nhs.uk](http://www.gmmh.nhs.uk)
- GMMentalHealth
- GMMH\_NHS

## Drug and Alcohol Treatment and Recovery Services at Achieve Bolton, Salford and Trafford



## We are here to support you. However long it takes.

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**Achieve is a dedicated service for anyone in Bolton, Salford or Trafford experiencing problems with drugs and/or alcohol. We are here to help you get well and stay well.**

We believe anyone living with a substance misuse problem can recover and we are here to help you achieve that. We also help people who support someone with a substance misuse issue.

As you take that first step in getting help, we can work together and find the right treatment, care and support that is right for you. This can include:

- ✓ Talking therapies and groups to help understand any underlying causes of substance misuse
- ✓ Support with housing to make sure you stay in the most appropriate accommodation that meets your needs



- ✓ Harm reduction strategies such as needle exchanges to help keep you as safe as possible
- ✓ Education, employment, volunteering and training opportunities – all of which can help you stay well and motivated
- ✓ Specialist help for families and young people so that people who are affected by addiction can be supported
- ✓ Clinical help to support the physical aspects of addiction such as managed detoxifications and drug replacement programmes
- ✓ Peer support – we can introduce you to people who have gone through what you have been through and can help you with their personal experience

### How can Achieve help me?

Whatever your experience or whatever stage you are at, we can help you achieve a future towards recovery and wellbeing. We are here for anyone who:

- Is worried about their drinking or drug use
- Feels their drinking or drug use is out of control
- Is experiencing medical or mental health problems because of their drinking or drug use
- Think their drinking or drug use could be having negative effects on their family and friends
- Is worried about a person they care about and their drinking and drug use

### How can I get help?

There are several different ways to access the service. If you live in one of the following areas you can call us:

**1. Bolton on 01204 483 090**

**2. Salford on 0161 358 1530**

**3. Trafford on 0161 358 0991**

You can also see your GP or another professional and they can refer you to us or you can refer through the GMMH website at [www.gmmh.nhs.uk](http://www.gmmh.nhs.uk).

Or you can email us at:

[gmmh-ft.achieve.referrals@nhs.net](mailto:gmmh-ft.achieve.referrals@nhs.net)

