

# Fact Sheet

## Substance Misuse

Coed Pella  
Conway Road  
Colwyn Bay  
LL29 7AZ  
0300 1240050



## What help is available if I have drug or alcohol problems?

You should always speak to your GP, who can refer you to relevant support services. There are a number of supported living Projects in Conwy that can provide accommodation and support for those who are overcoming substance misuse problems:

- Sanctuary Trust cornerstones
- Norfolk House

Your Homeless Prevention Officer can refer you to the Supporting People Single Pathway to be considered for these projects

## What If I don't have access to a GP?

There are a number of services available who may be able to support you:



ARCH provide the Drug Interventions Program, Drug Rehabilitation Requirement, Alcohol Treatment Requirement.

☎ 01492 523683 07824310360

✉ DAWN Centre, 35-37 Princes Drive, Colwyn Bay, CONWY LL29 8PD

## DAN - The Wales Drug and Alcohol Helpline

A free telephone drugs helpline contact for anyone wanting further information or help relating to drugs or alcohol. The helpline will assist individuals, their families, carers, and support workers to access local and regional services



☎ 0800 808 2234

☎ text 81066 🌐 [www.dan247.org.uk](http://www.dan247.org.uk)



## CAIS - Substance misuse services

CAIS help people who are having problems with addictions, mental health, personal development and employment – as well as offering assistance and information to their families and friends. Their services includes residential treatment and rehabilitation, counselling, peer mentoring, supporting people in their homes, assisting people back into work or education, group work and other motivational interventions.

You can refer yourself in confidence to CAIS by completing the online referral form or

☎ 0345 06 121 12. Monday to Friday from 9.00am to 5.00pm.

## The Community Drug and Alcohol Service

The Community Drug & Alcohol Service aims to reduce the risks and damage caused by drugs or alcohol by working with other agencies and offering treatment and care. They provide advice, counselling, relapse prevention, harm minimisation, community or in-patient detox, medication, advice on sexual health, residential rehab, acupuncture, Needle syringe exchange, treatment options, Substitute prescribing, Hepatitis C screening, Hepatitis B vaccination, Signposting and onward referrals to other agencies.



### Contact the Conwy Access Team as follows:

☎ 0300 456 1111

💻 [wellbeing@conwy.gov.uk](mailto:wellbeing@conwy.gov.uk)

☎ Text message (for general enquiries): 07797 870361

## Young Persons Substance Misuse Service

The Young Persons Substance Misuse Service (YPSMS) is available to young people who are experiencing problems with substance misuse and who live in the county of Conwy. The service provides specialist assessment, treatment, and support to young people with complex needs in conjunction with other services (e.g., Youth Justice Service, Social Services, etc.).

Referrals can be made by the young person themselves or by Parents/carer's and other agencies with the young person's consent.

☎ 01745 817216

## Caniad

Caniad co ordinators work closely with each other in each region to ensure those with co-occurring Mental Health and Substance Misuse problems have consistency

☎ 0800 0853382

💻 [cania@caniad.org.uk](mailto:cania@caniad.org.uk)

## Jigsaw

Jigsaw offer fellowship, mutual support, the chance to recover confidence and to rebuild self-esteem in company with others on a similar pathway

☎ 01492 523042 or 07818 090365

💻 [brian.lewis@cais.org.uk](mailto:brian.lewis@cais.org.uk)

💻 [www.thejigsawgroup.org.uk](http://www.thejigsawgroup.org.uk)

## Agro Cymru

AGRO (Anglesey and Gwynedd Recovery Organisation) is a volunteer based organisation founded on the values of inclusivity and mutuality; It is an organisation run by people in recovery for people in recovery

☎ 07772 800284

💻 [donna.wots@gmail.com](mailto:donna.wots@gmail.com)

💻 [www.agro-cymru.org.uk](http://www.agro-cymru.org.uk)

## Frank

Frank provides drugs information and resource

☎ 0300 1236600

Text 82111

💻 [frank@tofrank.com](mailto:frank@tofrank.com)

💻 [www.talktofrank.com](http://www.talktofrank.com)

## Addaction

Addaction supports adults, young adults and older people to make positive behavioural changes. Whether that is with alcohol, drugs or mental health and wellbeing. They are there to help improve lives. Addaction supports those in relationships with problem drinkers, offering understanding and encouragement from others who have experiences the same challenges. By gaining insight into a better way of coping, members can vastly improve the quality of their own lives, whether the alcoholic is still drinking or not.

☎ 020 7403 0888

💻 [www.addiction.org.uk](http://www.addiction.org.uk)

## Cocaine Anonymous

Cocaine Anonymous is a fellowship of men and women who share their experiences, strength and hope with each other so that they may solve their common problem and help others to recover from their addiction.

☎ 0800 6120225 or mobile 0300 1112285

💻 [wft@cauk.org.uk](mailto:wft@cauk.org.uk)

💻 [pi@cauk.org.uk](mailto:pi@cauk.org.uk)

💻 [www.cauk.org.uk](http://www.cauk.org.uk)

## Wedi Nos

Wedi Nos tests substances to give individual users and others rapid and accurate information to reduce harm

💻 [admin@wedinos.org](mailto:admin@wedinos.org)

## AA Meetings in Conwy Borough

Day	Area	Time	Address
Monday	Conwy Town	1pm	St. Michael's R C Church Hall (at rear), Rosemary Lane LL32 8HY ( 1 hour long)
Monday	Abergele	8 pm	The Youth & Community Centre, Market St. (opposite Slaters & Tesco) LL22 7BP (Last step)
Monday	Llanrwst	8pm	Guide Hall (near Church), Llanddoged Rd.
Tuesday	Old Colwyn	7.30pm	Sure Hope Church, 317 Abergele Rd, Old Colwyn (opp. BP garage) LL29 9YF
Tuesday	Penmaenmawr	8.00pm	St Pauls United Church, Bangor Rd
Wednesday	Colwyn Bay	12.30pm	Friends Meeting House (Quakers), 21 Erskine Road, Colwyn Bay
Thursday	Old Colwyn	7.30pm	Sure Hope Church, 317 Abergele Rd, Old Colwyn (opp. BP garage) LL29 9YF (1 hour ) (1 <sup>st</sup> open)
Friday	Colwyn Bay	12pm	Friends Meeting House (Quakers), 21 Erskine Road, Colwyn Bay
Friday	Bangor Penrhyn	6pm	Penrhyn House, Llandegai Rd
Friday	Llandudno	7.30pm	MIND Centre, Trinity Avenue (above the 'Alice in Wonderland'). LL30 2PY (open on request)
Saturday	Colwyn Bay	12.30pm	Friends Meeting House (Quakers), 21 Erskine Road, Colwyn Bay

Sunday	Llandudno	11am	MIND Centre, Trinity Avenue (above the 'Alice in Wonderland'). LL30 2PY (open on request)
Sunday	Llandudno Junction	7pm	St Michaels Church, The Vicarage, Glyn Y Marl Rd, Llandudno Junction

## The Samaritans

### Crisis Intervention

**The Samaritans** is available round the clock, every single day of the year, providing a safe place for anyone who is struggling to cope.

☎ 116 123

💻 <http://www.samaritans.org> to find details of the nearest branch or email  
jo@samaritans.org

**Shelter**  
Cymru

☎ 01792 469400

💻 [www.sheltercymru.org.uk](http://www.sheltercymru.org.uk)

📄 Unit 5, Station Bldg., Bodfor St, Rhyl LL18 1AT



☎ 0344 477 2020

💻 [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

📄 Eryl Wen, Eryl Place, Llandudno, Conwy LL30 2TX



Dewis Cymru is a place for information about well-being in Wales.

If you would like information that can help you think what matters to you, along with information about local organisations and services that can help, you can visit the Dewis Cymru website at [www.dewis.wales](http://www.dewis.wales)

This website will help you access local support services and find information and advice. It is a single, clear and reliable point of access

Mae'r ddogfen hon ar gael yn Gymraeg hefyd.

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