Taking that first step to getting help might be difficult for you.

We understand.

We are here to help you every step of the way.

Get in touch today...

HART, Whitby Street, Hartlepool TS24 7AB

Or you can call us on: 01429 285000

Opening times:

Monday: 9.00 - 17.00
Tuesday: 9.00 - 17.00
Wednesday: 9.00 - 20.00
Thursday: 9.00 - 17.00
Friday: 9.00 - 17.00
Saturday: 9:00 - 13.00
Is this service for you?

The service is for anyone over 18 who wants help and support in addressing their substance misuse problems including help to cut down how much they drink or stop drinking altogether.

If you don’t fit into that category but still need help, call us on 01429 285 000. We will try and put you in touch with someone who can help.

What do we offer?

Together we will work out what is best for you.

Advice and information
If you want to cut down on how much you use or drink we can help you with this by supporting you with information, advice and practical help.

Tailored support
We will carry out an assessment to work out what kind of a service you need.

Treatment
If you need medical help to cut down on your drug use or stop drinking, we will help you with this.

NBPS
We will work together in groups and one to ones to challenge your thoughts and develop and sustain life skills.

Community Development
We will support you to access existing community services and work together to create new ones.

What will you get?

- Care and support
- Information, advice and guidance
- Working together
- Harm minimisation
- One to ones
- Group work
- Housing support
- Reduction programme
- Peer support
- Access to services
- A key worker
- Holistic Therapies
- Individually tailored care plan