

# SUBSTANCE USE AND RECOVERY SUPPORT SERVICES CHRISTMAS 2020

Find meetings to support your recovery over the Christmas period...

NA: <https://www.na-ireland.org>

CA: <https://caireland.info>

AA: <https://www.alcoholicsanonymous.ie>

**What to do if you relapse... 1) Stop using. Remember that you can use a relapse as an important learning experience in your recovery. 2) Ask for help. Go to a meeting, ring your sponsor, contact your counsellor and aftercare immediately and put a plan in place. 3) Avoid the trap of self-pity and the 'blame and shame' game. It is important to focus on solutions. You can look at why you relapsed later. Right now, the most important thing is to stop using and ask for help.**

## BALLYFERMOT ADVANCE

Week beginning 21st Dec open 9am - 4pm Mon, Tues, Wed, and Thurs 9am - 2pm  
Closed 25th, 26th, 27th, 28th  
Open Tues 29th 10-4pm, Wed 30th 10-4pm, Thurs 31st 10-2pm

Back to normal Monday 4th Jan.

The Out of Hours team are out and about at different times over the holidays when the service is closed contact John on 087 3618422

For more info see [Ballyfermotadvance.ie](http://Ballyfermotadvance.ie)

## BALLYFERMOT STAR

Ballyfermot Star have put Relapse Prevention plans and supports in place for all participants including Family Support. Phone messages will be reviewed at intervals over the period. Contact 01 6238002. Normal service will resume on Tuesday 5th January.

For more info go to [Ballyfermotstar.ie](http://Ballyfermotstar.ie)

## ADOLESCENT ADDICTION SERVICE

Based in Bridge House, Cherry Orchard Hospital the service will operate as normal up to 23rd December and on 29th and 30th December and can be contacted on: 01 795 5693

Normal service resumes on 4th January

## MATT TALBOT COMMUNITY TRUST

Matt Talbot have put relapse prevention plans and supports in place for all participants. Normal service will resume on Tuesday 5th January. Matt Talbot helps people who are struggling with drug/alcohol use and supports people who are working with the Probation Service.

Contact 01 6264899

## FUSION CPL

Business as usual until 24th December. Fusion have put Relapse Prevention & Support plans in place for all of their participants. Normal service will resume on Tuesday, 5th January, 2021. Phone messages will be reviewed at intervals on 01 6231499 and in case of emergency 086 810 0770

[www.fusioncpl.com](http://www.fusioncpl.com)

## JOB PLAN

Job Plan has put support plans in place for current participants. Job Plan will be recruiting new participants from January 6th, 2021. If you are hoping to make changes to your drug or alcohol use in the New Year, give Wayne a call on 01 6235612

## OTHER SUPPORTS:

HSE Drug Helpline Freephone 1800 459 459 |

Monday to Friday 9:30 am - 5:30 pm | Email any time [helpline@hse.ie](mailto:helpline@hse.ie)

Domestic Violence | Confidential Support | 24hr National Freephone Helpline 1800 341 900

Mental Health Support | Pieta House | Freephone 1800 247 247 | Text HELP to 51444

Samaritans 24 hours Dial 116 123

St Vincent de Paul 01 8550922

Homeless 1800 707 707

Parkgate Hall 01 2226944

Social Work 01 7955749

Threshold 1800 454 454

Drugs.ie | Info & Support Contacts

[Ballyfermotldatf.ie](http://Ballyfermotldatf.ie)

Check out Ballyfermot Local Drug & Alcohol Task Force on Facebook and Twitter