

# What you can do

## Keeping your area free from drugs

- Sometimes people do not want to go to their parks and green spaces because other people use drugs there. We can work together to make your area cleaner and safer through 'Parksafe'. If you would like Parksafe in your area please call us on 292949.
- If you see any rubbish left over from other people's drug use, such as syringes or pipes, please telephone CityClean on 274674.



## Getting help for drugs or alcohol

If you want help because of your use of drugs or alcohol, call Addaction on 607575 or talk to your doctor. They can help you to be safer, take less or give up completely.



## Keeping your home safe from violence

- Drugs and alcohol can make some people ready to attack others, including their partners or family members. If this happens, call the Partnership Community Safety Team on 294640.
- If you have ever attacked a member of your family, or been violent to them, then you can find ways of getting help. Call the Domestic Violence Co-ordinator on 291682.

## Keeping safe in pubs and clubs

- 'Spiking' is when people secretly put drugs in a drink. They may do this so that later it's easier to have sex with someone who would normally refuse them. Last year the 'Spiked' campaign helped more people to know about the risks of drug rape.
- If you work in a pub or club, call Emma on 294429 for training on stopping drug rape
- If you think that you have been drug raped call 664725 to speak to the Claude Nichol Centre for sexual health advice and counselling
- The 'Play It Cool' campaign aims to keep people safe when they go to pubs and clubs. For more information visit [www.play-it-cool.co.uk](http://www.play-it-cool.co.uk) or email [backflip@play-it-cool.co.uk](mailto:backflip@play-it-cool.co.uk)



## Where to get help

You can get more information about drugs and related problems from:

- FRANK – free drugs information and advice. Call 0800 77 66 00, or look at [www.talktofrank.com](http://www.talktofrank.com)
- ru-ok? – a drug service for under 19s. Call 265560
- Youth Advice Centre – for under 25s. Call 889292
- PATCHED – advice for people who are affected by others taking drugs. Call 0800 085 4450
- Unisex – University drop-in service. Call 678641
- Special Needs Housing Officers – for people who live in a rented house or flat. Call 293113 or 293139. If you live in a Council property, call your area's housing office

## Getting advice as a parent

- Try a Parenting Skills Course. Call Eleanor at Hove YMCA on 889292
- Ask for a Safe Parenting Handbook – call 292949



## About us

Brighton & Hove Drug and Alcohol Action Team aims to:

- Support local projects to help stop drug and alcohol misuse;
- Help to find money for these projects;
- Look at local projects and see how they can be made better;
- Make sure that everyone knows who they can call for help

You can contact us at:

Brighton & Hove Drug and Alcohol Action Team  
Ovest House, 58 West Street  
Brighton, BN1 2RA  
Telephone: 01273 292949  
Fax: 01273 292808