

OVERDOSE INFORMATION

Who is at risk?

The people that have the highest risk of overdose tend to be those who inject rather than those who use other methods of administration

Risks increase when user:

- Mixes drugs and alcohol
- Has had a period of abstinence resulting in low tolerance
- Shares used equipment/needles
- Has previous history of overdose
- Has a high alcohol and/or drug intake
- May be depressed and/or is feeling suicidal

Awareness of overdose process:

Death from an overdose will usually occur three hours after injecting, this means there could still be time to save a life.

If the user has survived the initial "hit" it does not mean the risk of an overdose is reduced.

Immediate action is needed to be taken if:

- The user is snoring deeply (this can be associated with breathing difficulties)
- The user's skin is turning blue
- The user is unconscious
- The user has stopped breathing

The first action to take is to **check and clear the individual's airways** and to place them onto their side into the **recovery position**.

DIAL 999 IMMEDIATELY

Metropolitan Housing Support Trust

MST offers an outreach service, whereby a support worker will visit people in their own homes. They offer support on a wide range of issues, such as benefit entitlement, employment and training opportunities, and accommodation. The service can be accessed by contacting the number below. Service users will receive service will for a maximum of two years. The service can be accessed by contacting the number below.

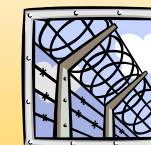
Metropolitan Housing Support Trust
32 Harrow view
Harrow
HA1 1RG
Tel. 0208 863 2157
Simon.Cohen@mht.co.uk

Harrow Drug Action Team (DAT)

Harrow Drug Action Team (DAT) is the partnership responsible for delivering the drug strategy at a local level. In Harrow the Joint Commissioning Board of Substance Misuse (JCB) is a partnership combining representatives from local authorities, health, police, probation and the User group.

Service Directory of Harrow Drug and Alcohol Treatment Organisations

The following organisations offer free and confidential services to both adults and/or young residents in the London Borough of Harrow. All contacts are treated in a highly professional and confidential manner.



May 2010

Compass Harrow

Harrow Drug and Alcohol Service provides a range of specialist health and social care interventions for individuals and families who are affected by the misuse of alcohol and drugs in the London Borough of Harrow.

The service assists people who are concerned about their drug and alcohol use, or the use of a friend, partner or relative. The service offers advice and information, comprehensive assessment for treatment and access to residential rehabilitation placements. Harrow Drug and Alcohol Service works in partnership with GP's, Social Services, Mental Health Services and other statutory and voluntary organisations

Tel. 0203 008 8270

WDP Harrow Drug Intervention Programme & Shared Care Coordination

The DIP team seeks to break the cycle of committing crime to fund drug use by addressing the client's drug and alcohol problems, and referring them for treatment. WDP offers services to people within the Criminal Justice System. This includes Arrest Referral Work, support through Court and Prison Link Workers in an advocacy role.

WDP works closely with GP surgeries to improve the quality of primary care to patients who misuse drugs (especially heroin). The delivery of this service will be through the provision of community, prescribing and health care.



WDP Harrow DIP
333a Station Road
Harrow, HA1 2AA
Tel. 0208 515 7830

PLAN Peer Led Aftercare Group

PLAN is an aftercare group for people who need help while accessing other services in and around Harrow. If you need extra support for addiction or mental health problems you're welcome to be part of this group and receive guidance and advice from it's members.

Tel: 07946 421343

Wellington Lodge

Wellington Lodge is a non-profit specialist residential alcohol treatment centre. Offering a full range of treatment options including: In-patient detoxification, assisted medicated withdrawals, residential rehabilitation programmes, family therapy, aftercare and complementary therapies. It is a service staffed 24 hours a day.

47 Wellington Road
Hatch End, HA5 4NF
Tel: 0800 8600 461

info@wellingtonlodge.org

Blenheim Community Drug Project Directions

Directions is a Tier 3 structured day programme for substance misusing offenders under Drug Intervention Programme or Drug Rehabilitation Requirement. A structured International Treatment Effectiveness Programme is supplemented by weekly key works, massage, acupuncture, drug screening, IT access and meals. Referrals are accepted from Harrow probation and Westminster Drug Project for offenders seeking to address problematic crack cocaine and/or heroin use. Fares can be provided for service users travelling from Harrow.

65 Belmont Road
Uxbridge, UB8 1QT
Tel. 01895 273613

Harrow Association of Somali Voluntary Organisation (HASVO)

HASVO offers drug education, volunteer training, outreach and support services in the Somali Community and schools; focussing on the issues surrounding Khat use. HASVO builds links with other Black and Minority Ethnic groups to address the issues of substance misuse and develop community engagement services.

1 St John's Court
St Johns Road
Harrow, HA1 2EQ
Tel: 020 8861 2176



EACH (Ethnic Alcohol & Drug Counselling in Harrow)

EACH is a specialist counselling and support agency providing a range of services to people concerned about their own, family member's or a friend's alcohol and drug use. EACH offers outreach service, and a 12 week structured day programme for those committed to their own recovery. Counselling in several languages and aftercare support is available to substance misusers, their families and carers. (Both adult and young people services)

Signal House
16 Lyon Road
Harrow, HA1 2AG
Tel: 020 8861 3884

