

Where are low threshold services based?

The Public Health Agency funds low threshold services across Northern Ireland. Many of these provide an outreach service, and can arrange to meet you somewhere that suits you.

You can contact your local low threshold service at:

- **Belfast area**
Belfast Drug Outreach Team: 028 9504 1433
- **Northern area**
Extern: 028 2565 4012
- **Southern area**
Extern: 074 2343 2110
- **South Eastern area**
Simon Community:
074 3575 4307 / 074 3575 4302
- **Western area:**
 - » **Derry area**
Depaul: 028 7136 5259
 - » **Fermanagh and Omagh areas**
Arc Healthy Living Centre: 028 6862 8741
 - » **Limavady and Strabane area**
First Housing Aid and Support Services:
028 7137 1849



Telephone numbers can change – if you cannot get through on the numbers listed, you can find contact details for your local service at www.drugsandalcoholni.info in the section “Services near you”.



Public Health Agency
12-22 Linenhall Street, Belfast BT2 8BS.
Tel: 0300 555 0114 (local rate).
www.publichealth.hscni.net

Find us on:



HELPING YOU TAKE CONTROL OF YOUR LIFE

Low threshold services: support for people who use drugs or alcohol

Who are low threshold services for?

Low threshold services are for anyone who drinks alcohol or takes drugs, and because of this finds themselves getting into difficulties, either with their drug or alcohol use, or with other areas of their life. 'Low threshold' just means that anyone can get help, even if they don't want to drink less or stop taking drugs. Low threshold service staff can work with you no matter how much you drink, or what drugs you take.

Examples of difficulties could include:

- getting into debt
- having trouble keeping your home or becoming homeless
- feelings of isolation or loneliness
- struggling to manage daily activities
- falling out with your family
- depression or poor mental health
- ill health caused by heavy substance misuse

What can low threshold services do?

Staff can help with a range of things. For example, you might want help to:

- get (or stay in) stable accommodation
- manage debts
- access benefits
- reach out to other people/have contact with other people who will not judge you
- get involved in social activities
- reduce the risks of taking different drugs
- get sterile injecting equipment or foil
- inject more safely
- learn how to prevent overdose
- get Take Home Naloxone

You may also want help to access healthcare services, such as:

- general health checks
- support or treatment for mental ill health
- specialist healthcare services such as podiatry or smoking cessation
- therapeutic activities, such as reflexology, or relaxation sessions
- counselling
- addiction treatment
- blood borne virus testing

