

Help for the holidays

holidays

A drug & alcohol survival sheet for Christmas

The festive season may be a time where you drink or use drugs more than usual. However, this can increase your risk of harm and overdose.

By being aware of harm reduction tips and knowing who to turn to when you need support during service closures, **you can help yourself stay safe this Christmas.**



Need opioid substitute prescribing? Don't get caught out with pharmacy closures!

- Check with your local pharmacy well in advance.
- Confirm script collection dates.
- Set a reminder in your phone, or ask someone to remind you of collection dates.
- If you get your prescription from the GP, check you have enough to cover you over the Christmas period.



If you do find yourself without medication, call 111 where you can be assessed and advised.

Need naloxone? Just ask us.

Naloxone is an emergency medication that can reverse the effects of an overdose of opioids, like heroin or methadone. It's free and it saves lives.

Call 0300 124 0356 to get yours.



Harm reduction tips



- The risk of overdose is higher if you are using alone. Use with trusted friends in a safe environment (and tell them what you are taking).
- Give substances time to take effect before deciding you need more.
- Don't mix drugs, especially with alcohol.
- Eat and rest between use.
- Limit access to funds so you don't spend your Christmas money, rent or food money on a binge.
- Don't share drug equipment, as this can lead to the transmission of blood borne viruses such as HIV and hepatitis C.
- Stay in control by avoiding 'rounds' of drinks and alternate with soft drinks.
- Don't take the car, even if you plan on going for 'one' drink. Don't drive under the influence and don't drive the next day after a heavy night.
- Don't accept a drink unless you have seen it being prepared and don't leave drinks unattended.



Out of hours & urgent support

NHS Mental Health Helpline Free 24/7 support

North Staffordshire/Stoke-on-Trent:
0800 0328 728 (option 1)
Rest of Staffordshire: 0808 196 3002

Talk to Frank
Free 24/7 confidential drug advice
Call 0300 123 6600 or text 82111

Samaritans
Free 24/7 mental health helpline
Call 116 123 or email jo@samaritans.org

NHS 111
Urgent medical advice
Call 111 or visit 111.nhs.uk



For medical emergencies
and life-threatening
situations, call 999.

Domestic abuse support

There is a higher risk for domestic abuse at Christmas time.

If you're experiencing domestic abuse and want confidential advice or support, please call New Era on 0300 303 3778 (24 hours).



Always call 999 in an emergency

Contact us

@ STaRSS@mpft.nhs.uk
☎ 0300 124 0356
💻 www.staffstars.org

Scan the QR code to access further service information, events and support with money, food, wellbeing and more this festive period.

Have a safe Christmas.



Your mental health *still* matters at Christmas



For some, Christmas is a time of joy and celebration. For others, it can be a time when they struggle the most. The **5 Ways of Wellbeing** are small actions that can boost your mental wellbeing and happiness:

1. Connect
2. Give
3. Be Active
4. Keep Learning
5. Take Notice

Visit our website for more information.

STaRS opening hours

Our services are open as normal throughout the festive period, with closures across the following dates:

- 25th-26th December
- 28th-29th December
- 1st January

Better Way Recovery closures:

- 23rd December (Tamworth)
- 25th-26th December (All)
- 28th-30th December (Tamworth)
- 29th December (All)
- 1st January (All)

Chase Recovery closures

- 25th-29th December
- 31st December
- 1st January

Further information is available on our website.



STaRS is provided by  **inclusion**, a specialist service of Midlands Partnership University NHS Foundation Trust (MPFT), in partnership with Staffordshire County Council. Find out more at www.inclusion.org.