

[DRUGS AND ALCOHOL COUNSELLING AND SUPPORT]

INDIVIDUAL SUPPORT FOR DRUG AND ALCOHOL DEPENDENCY

NORCAS

alcohol • drugs • gambling
change happens together

[HOW NORCAS CAN HELP]

NORCAS is the largest independent provider of services for people with drug, alcohol and gambling problems in East Anglia. We work to reduce dependency and the harm it causes to individuals, families and communities, enabling people to recover their lives positively.

Our counselling and support services are designed to help people who need one-to-one support with their drug or alcohol problems. We can also support those who are affected by someone else's alcohol or drug misuse, whether a family member, friend, carer, employer or professional. Our substance misuse workers and counsellors provide the services, which include individual counselling, group support, complementary therapies, information and advice.

[HOW IT WORKS]

At **NORCAS**, we treat each person as an individual with their own unique set of values, characteristics and needs. After an initial assessment, we agree a programme of help that's right for you, with time and space to discuss problems in a non-judgmental, confidential and caring environment.

Counselling takes place on a one-to-one basis in a private and confidential setting. It can help you work through issues that may have been affecting your life adversely and contributing to any addictive behaviour. This can empower you to move forward positively and make beneficial life changes.

Group support can help you develop positive coping skills and maintain your levels of motivation. We offer a range of groups including motivational support, abstinence support, open support and the informal Norcafé.

Complementary therapies including auricular acupuncture and reiki are used to help clients manage cravings and withdrawal symptoms and promote relaxation and healing.

Information and advice is offered both to individuals affected by dependency and their families, carers and friends to help them understand more about substance misuse and look after their own wellbeing.

REFERRALS

To access our services, you can either be referred by your GP or other healthcare professional or you can refer yourself. Please contact the appropriate team within your area for more information or go to www.norcas.org.uk.

HOW TO SUPPORT US

As an independent charity, we rely on donations to help us deliver our greatly needed services. All donations are gratefully received and help us make a big difference to people's lives. It's easy to donate online at www.norcas.org.uk and you'll find details of various other ways of donating, such as setting up a direct debit, corporate fundraising, special day gifts and legacies. For more information, visit our website or call us on 01603 227053.

[CONTACT US]

If you're concerned about your or someone else's use of alcohol or drugs and you'd like more information, help or advice, please get in touch with us at:

NORCAS Ipswich	01473 259382
NORCAS Norwich	01603 660070
NORCAS Great Yarmouth	01493 857249
NORCAS Lowestoft	01502 513444

www.norcas.org.uk

Registered charity no: 1017814
Company registered no: 2789828