

**CDP is a registered charity. We have over 20 year's experience of helping people who have problems related to drugs and alcohol.**

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The UK, like so many countries, has serious problems with drugs and alcohol. The police deal with some, like selling drugs, but most problems are very personal. They affect the health and lives of drug users and their families.

This is where CDP can help. Our **access** service works with individuals and families to reduce and, hopefully, stop the misery caused by drugs.

We assess each person to find out what their problems are. We help them reduce the risks to themselves and their families. We work with them to help them stop completely or reduce and manage their reliance on drugs or alcohol.

You decide what you want to achieve, according to your problem, beliefs and commitment.

**People from Minority Communities face special challenges. These challenges are strongest when you are new to this country.**

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People from a new community are exposed to risks that they may not really understand. Your main focus may be on finding a job, somewhere to live or getting help for your family.

Everything is new, so it may be hard to recognise new dangers. This will be particularly true for younger people. As they go to school, college or to work, they will meet new people. They will be open to temptations and risks that their parents and elders in the community do not understand.

New communities may bring "substances" with them that they do not regard as drugs. There may be a strong culture of using them back home. However, these "substances" may not be legal in the UK. You may need advice on how to deal with this.

**CDP services are free**

**CDP services are confidential**

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**access** works with minority communities across the City. We offer support and information in community centres, in religious and language schools, in the meeting places of befriending groups, as well as in the CDP premises. You can choose any of these services.

**CDP can offer you:**

- One to One support
- Telephone advice and support
- Help for family and friends
- Access to medical help
- Advocacy and referral to groups and other organisations

## Advice and Literature

**access** has drugs information translated into several languages, which you can get free of charge. Find out if we have a leaflet in your language. Telephone us or drop into our main office.

CDP does not employ interpreters. If you need help to speak to us, then there are people within most communities who are willing to help interpret at important meetings.

## Drop-in

We operate a free, confidential service, which is very easy to access. You can come in or phone at any time within our office opening hours (see back page).

## East Hull

For times and locations in the East Hull area, please contact our main office.



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## Opening Times

### Hull

**Monday/Tuesday/Friday**  
9.00 am — 4.30 pm

**Wednesday/Thursday**  
11.30 am — 7.00 pm

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[www.challengingdependency.co.uk](http://www.challengingdependency.co.uk)

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The Council for Dependency Problems

Company No: 2533486

Registered Charity No. 1002636



## Challenging Dependency

# Support for Minority Communities



*A safe, supporting environment for  
Minority Communities concerned  
about the impact of drugs and alcohol*