

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

First Base is the main drug assessment and referral service in Hull. It is a free, completely confidential and easily accessible service. It offers information, advice and support for drug users, those affected by another's use and all interested professionals.

We will work with you to help you to achieve what you want. This may be a one off talk, what we call a brief intervention, or longer term support and therapy. You do not have to stop taking drugs to come to CDP.

After assessing your drug use, we may refer you to the local prescribing services. These may provide substitute medication (e.g. methadone) or other treatment, including inpatient detox.

First Base will offer continuing support with a key-worker alongside the prescribing services to help with any other issues.

First Base is

The start of things working for you

The counselling or talking therapy we offer supports you and helps you to make positive changes in your life:

- Reducing and coming off drugs
- Taking care of your physical health and reducing harm
- Identifying and working with your psychological needs
- Supporting you to find solutions to practical social difficulties

You will begin to:

- Reduce the need to commit crime
- Feel more confident
- Open up more opportunities in life
- See a positive future

Aftercare

Finishing treatment, coming out of prison, or a residential unit, we can give you support to stay drug free and help you re-establish yourself into day to day living. CDP's Aftercare can provide one to one support or problem solving groups.

We help all types of people with all types of dependency

We work with any substance

- Illegal drugs (e.g. Heroin, Crack, Cocaine, Amphetamine, Cannabis, Ecstasy)
- Prescribed drugs (e.g. Diazepam, Temazepam, DF 118)
- Over the counter painkillers

If you only use Alcohol, we will refer you to the Alcohol Project at ADS:
81 Spring Bank, HULL (Tel: 320606)

Complementary therapies

We offer Auricular Acupuncture, a traditional Chinese approach to healing to support detox and help with

- Craving
- Sleep disturbance
- Anxiety/Depression
- Body sweats
- Tremors
- Feelings of anger

We also work with a wide range of other agencies to meet the needs of service users, such as housing, social services, health and employment.

CDP services are free

CDP services are confidential

First Base offers

- Drop-in Service
- One to One Support
- Advice and Information
- Harm reduction
- Telephone Support
- Counselling (“Talking Therapy”)
- Group Work/Support
- Assessment of need
- Access to prescribing
- Access to health care
- Access to family support
- Literature

Accessing the service is easy

- Call and ask to speak to a Worker
- Just drop in
- By referral from another service or partner agency



Opening Times

Hull

Monday/Tuesday/Friday

9.00 am — 4.30 pm

Wednesday/Thursday

11.30 am — 7.00 pm

CDP
61 Spring Bank
HULL HU3 1AG

Tel: (01482) 225868

Fax: (01482) 580025

www.challengingdependency.co.uk

The Council for Dependency Problems

Company No: 2533486

Registered Charity No. 1002636



Challenging Dependency

Open Access Drugs Service



**First
Base**

*Providing advice and information,
assessment and referral, therapy and
other interventions to those people
concerned about substance misuse*