



# In-dependence

from drugs, alcohol, gambling

Recovery from problematic substance use and gambling can be incredibly difficult – we believe in giving people a chance for change in any situation.

info@independence.gg | independence.gg | 729000

# How can we help?

In-dependence stands for making a difference, providing a service of high standards and believing that all should be given opportunities to live lives free from dependence.

If you are concerned about your use of drugs, alcohol, or gambling, please contact us. If you prefer to remain anonymous for now, then call us and speak to us anonymously as a first step. If you decide to take this a step further we can arrange an appointment to discuss with you which of our services (general exploration/recovery work/counselling) is the right one for your situation.

## Alcohol

### How to know if your drinking is a problem?

It is fair to say that most people have experienced some level of problems with drinking whether this is the occasional hangover or doing something when drunk that you wouldn't do when sober. Because drinking is perfectly legal and socially acceptable it may be sometimes be hard to recognise problem drinking.

It is not just the amount or the frequency of drinking that determines whether someone has a problem. It is also not always about losing control over life – many people are still able to fulfil their daily responsibilities but still experience problems with alcohol. Some survive for years as functioning alcoholics. But experience shows that once a certain line has been crossed the problem gets worse and never better.

## Drugs

### When to get help with drug abuse

Problems with drugs, whether illicit or prescribed, often creep up over time without noticing. Regardless of the substance used there are common signs that indicate problematic drug use. Accepting that there may be a problem, even if you are still experiencing benefits from drugs, is the first step in getting help.

## Gambling


### 5 Common Signs of Problematic Gambling

Problem gambling looks different to each individual. The following signs are some of the common things that have been linked to problem gambling. You may not relate to all of the points but recognising yourself from even one or two points may be a sign of a gambling problem.

1. Gambling when you can't afford to.
2. Increased time spent gambling.
3. Feeling stressed and anxious about your gambling.
4. Feelings of guilt or shame about your gambling.
5. Putting gambling before other things that were once more important to you.

If you are concerned about your gambling, please make contact with our services. We work with GamCare, provider of the UK National Gambling Helpline. You can call them free of charge to discuss your situation anonymously, before deciding whether you want to make a next step. If you decide to take this a step further we can arrange an appointment to discuss with you which of our services is the right one for your situation.

The free phone National helpline number for Guernsey is **0800 138 6522** and is available between 8 am and midnight.



How can we help?  
Help takes on many forms.

## Counselling

### What is counselling?

Counselling provides a space for you to explore your current situation, to start to think about what you would like to be different, and to work together to achieve this.

Counsellors at In-dependence use an integrative model of counselling which combines different forms of therapy to help you explore what is causing and sustaining your problems. Our counsellors will work with you towards finding new and more helpful ways of relating to yourself, others and life generally.

### How might counselling help?

Counselling may help if you think there are underlying issues linked to your use of substances or gambling. Examples may include anxiety, depression, low self-esteem, difficult emotions, relationship problems, bereavement, traumatic life events or other difficult experiences.

Counselling will help you explore your situation in a safe and non-judgmental environment. It may help you gain perspective and understanding about what is happening. It may also help you better manage your emotions and your relationship with yourself and other people.

### Our professional standards

Professional standards are about service quality and safety – we consider high professional standards important in providing you with the kind of service that keeps your best interests as our highest priority. Our counsellors are members of the British Association of Counsellors and Psychotherapists (BACP) and adhere to the BACP Ethical Framework. Staff are committed to ongoing professional development as evidence of maintaining professional standards and competence to practice.

### Confidentiality

Accessing our services is confidential. There are situations where we may share information with other professionals. The working agreement will outline in detail the limits of confidentiality and you will find our privacy statement on our website.

### How to apply for counselling?

You can self-refer by using our online form or you can contact our office on 729000. You will be offered an initial appointment where we will assess your current situation and suitability for counselling. Please note that we don't accept referrals from family members/friends but would expect you to contact us directly or through a professional such as your GP or other key worker.

## Recovery work

### How we understand recovery

Recovery doesn't mean just quitting the behaviour that is causing you problems, but rather maintaining a lifestyle where the likelihood of returning to those behaviours is minimised. Recovery is a process of learning new ways of doing life, learning new skills and applying them in practice.

### What is recovery work?

Recovery work helps you to make/maintain changes in your current situation. The work focuses on the present moment and explores ways to manage life without addictive behaviours. We can help you explore the addictive behaviour, consider change, gain awareness of your personal thoughts, beliefs, feelings and behaviours linked to the problem behaviour and learn tools to make your recovery journey possible. We offer recovery work both on an individual basis and in a confidential group setting.

In-dependence follows the SMART Recovery UK framework in our service provision. You can find more information about SMART Recovery UK on their website. ([smartrecovery.org.uk](http://smartrecovery.org.uk))

### Who can benefit from recovery work?

Recovery work can be helpful in many different circumstances whether you have just started considering change and are not sure how to move forward, you've already started your change process but feel like you need extra support or you've already achieved what you wanted but want to reinforce your skills in maintaining your progress.

### How to apply for Recovery work?

If you want to come to SMART Recovery groups, call us and we will tell you where and when the group is running, or, if you prefer individual work please self-refer online or contact the main office on 01481 729000 to arrange an initial appointment.

## Affected family members

### Who is an affected family member?

An affected family member is anyone who is having to deal with the impact of someone else's drug, alcohol, or gambling behaviour.

### How can we help?

Problematic substance use or gambling affects the whole family. If you are affected by someone else's addiction you may feel as though your emotions are all over the place. Feelings of powerlessness, worry, isolation and anger are commonly reported feelings.

Whilst it may not be possible to get your loved one to work with services, there is help for affected family members. Whether it's an anonymous confidential telephone conversation, attending one of our peer support groups or having individual sessions with a counsellor, we would encourage you to reach out and talk to us.

### Peer support groups

Peer support groups are offered over five consecutive evenings (Monday – Friday). You must be 18 years or over to attend. They are facilitated by two of our counsellors and address understanding addiction, impacts of addiction on the family, feelings associated with addiction, creating some personal action plans.

Groups run when we receive two or more applications.

### Individual sessions

One off sessions as a brief intervention for support or counselling sessions can be offered on an individual basis. If you need to know more about counselling please refer to our counselling page.

## Criminal Justice Services

### Prison Substance Misuse Service (PSMW)

In-dependence has a full-time staff member based in the Prison who works with prisoners affected by drug and alcohol misuse, work can continue post-release in the community.

The PSMW uses the same therapeutic interventions as those used in the community with the addition of specific Cognitive Behavioural Therapies. In addition to this we run the Inside Out Recovery Programme providing group based recovery work. This can be followed up with one-to-one work to increase your commitment to change.

### Criminal Justice Substance Service

The Criminal Justice Substance Service (CJSS) is a partnership between In-dependence and the Probation Service. This service can only be accessed via a Probation referral. Clients can access the service either from court as an alternative to a custodial sentence, or as part of a parole condition. There is a drug/alcohol testing requirement which can be up to three times a week.

Clients have access to peer support groups (SMART groups). SMART (Self-Management and Recovery Training) is an abstinence orientated recovery group, which helps individuals gain control over their addictive behaviours, achieve recovery, a balanced lifestyle and lead meaningful and satisfying lives.

### Arrest referral service

The Arrest Referral Service is a response to an identified need for individuals arrested over the weekend and whose offence may be indirectly linked to drug or alcohol use, and who would normally not access substance use services.

Arrest Referral is a proactive service aiming to engage drug and alcohol users with treatment services at an earlier stage than would normally occur. The Arrest Referral Worker visits the police custody cells on Monday and Friday mornings to make direct contact with those who are held in custody.



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### Needle exchange opening times:

Monday: 3:30 - 6pm  
Tuesday: 9am - 12 noon  
Wednesday: 5pm - 7pm  
Thursday: Closed  
Friday: 9am - 10am

If you can't come during our opening times please contact the office on **01481 729000**.

We may be able to see you at a different time. Needle exchange is closed during Bank Holidays and weekends.

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