

**Would you like to
chat to someone
about your concerns
around drugs/alcohol ?**


- Confidential
Non-Judgmental service
- No cost involved
- Up to date information
- Expert Advice
- Practical Supports
- Put your ideas forward

We provide non-judgemental support guidance and education to drug/alcohol users, their families and the community, enabling them to cope with the effects of drug / alcohol use in their everyday lives.

**Contact our Outreach
Worker Mary Healy**

0867752142

**Letterkenny C.D.P,
Courtyard Shopping Centre
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Letterkenny
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Letterkenny C.D.P.C.L.G



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**S. T. A. R. T.
PROJECT**

**Support - Treatment - Aftercare -
Rehabilitation - Together**



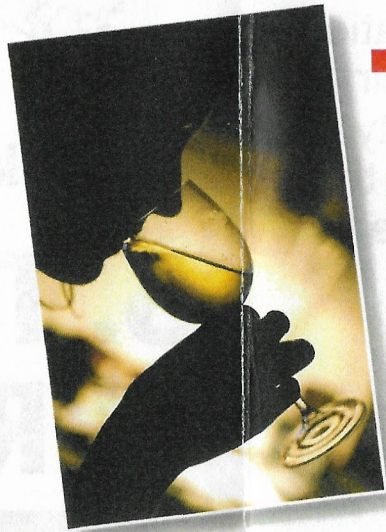
Confidential line: 086 7752 142



The START Project is funded by the Dept. of Community Rural & Gaeltacht Affairs through the North West Regional Drugs Task Force

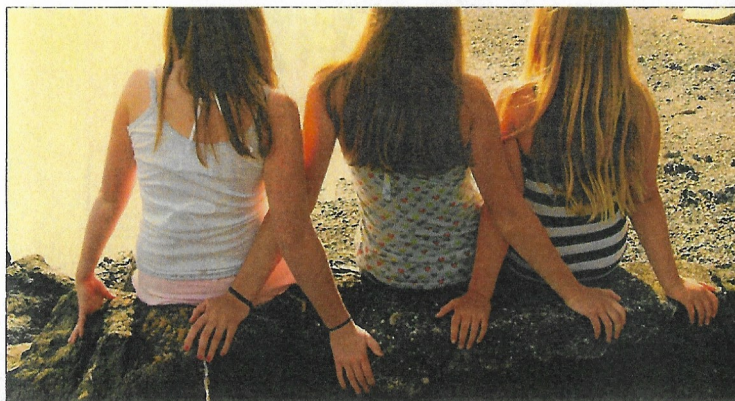
WHAT WE DO...

- Provision of up to date information on the effects of drugs and alcohol on your health and wellbeing.
- Supports around life skills, maximising income, training / education opportunities.
- One to one support sessions on—site or in the comfort of your own home.
- Using trauma informed Community Reinforcement Approach, Motivational Interviewing, Cognitive behavioural therapy, Brief solution focus therapy and smart recovery principles.
- Focus on harm reduction.
- Individual assessments & Care Plans with clear pathways to statutory & voluntary support networks



GROUP SUPPORT

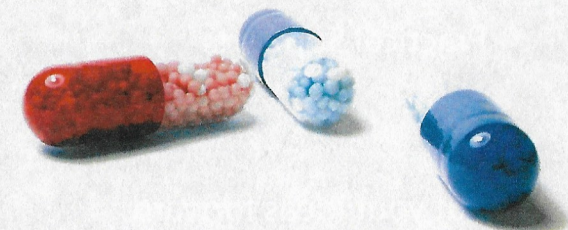
- Weekly Smart Recovery meetings.
- Ring 0867752142 for venue and times.
- No referral necessary for Smart Recovery just turn up all welcome.
- Ask questions and put ideas forward.
- Referral pathways to Strengthening Families and MPACT family programme.
- Outreach service also able to see people in Finn Valley Family Resource Centre.



HARM REDUCTION:

- Non-judgmental confidential service.
- Goal is to reduce harmful effects of drug and alcohol use and related behaviors, abstinence is irrelevant but may be an individuals choice.
- It's about providing the opportunity for people to make informed choices, and take control and enjoy their lifestyle choices.
- It's about community involvement, flexibility and looking at the whole picture.
- It's about working together to provide better life chances and opportunities.

Whether your problem is with prescribed, legal or illegal drug use we can help.



Phone our confidential line (086 7752 142) for advice and support