

Getting help for your alcohol or drug use - Easy read.

Note to Staff Providing Support to Clients

We have permission from the Alcohol and Drug Foundation to use their [Easy read document on Getting help for your alcohol or drug use](#). This document will be useful for clients that have cognitive impairment and explains:

1. How to avoid problems with alcohol/drugs & medicine.
2. Reasons for using alcohol and drugs.
3. How to recognise if they have a problem.
4. Tips for staying safe while using drugs and alcohol.
5. How to get help (Note: In the UK, call 999, not 000 as stated in the document). **Note: do not print pages 21-23 as the contacts are not relevant for clients in Westminster. The contacts below are for Westminster and should be provided to clients instead.**

People with cognitive impairment often have difficulties with thinking, concentrating, solving problems, reasoning, and remembering. You may not always realise someone has a cognitive impairment, but understanding how it relates to alcohol and drug use can help workers adjust their approach and provide the right support. Alcohol Change UK's [Identifying and addressing cognitive impairment in drinkers](#) is useful to read.

Westminster Support Contacts

- Turning Point (for help with drugs and alcohol):
Call 0330 303 8080 (Monday to Friday, 9am-5pm).
- The Alcohol Service (for help with alcohol):
Call 0800 014 7440 (Monday to Thursday, 9am-8pm; Friday, 9am-5pm).