



York Teaching Hospital  
NHS Foundation Trust

# Drug or Alcohol Problem

Information for patients, relatives and carers

① For more information, please contact:

## **Substance Misuse Liaison Service**

York Hospital

Tel: 01904 726559

Email: [substancemisuseliasionservice@york.nhs.uk](mailto:substancemisuseliasionservice@york.nhs.uk)

ED Alcohol Link Workers: Scarborough Hospital

Tel: 07968 693286

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## **Introduction**

If you drink excessively or use drugs, being in hospital can be difficult. This leaflet explains what support is available during your stay.

When in hospital it is not safe to drink alcohol or take illicit drugs. This is because drugs and/or alcohol can make many illnesses worse or react badly with your treatment. We will help you to manage without drugs or alcohol in hospital (and afterwards if you wish).

# What can you do?

We understand that being in hospital can be a difficult time. To allow the doctors and nurses to provide the best care, we ask that you:

- Tell us about what alcohol and/or drugs you usually use.
- Do not leave the ward without first agreeing this with your nurse and/or doctor.
- Do not use alcohol or non-prescribed drugs while an inpatient.
- Do not have in your possession any alcohol or non-prescribed drugs while an inpatient.
- Be respectful to staff, other patients and visitors.
- Do not allow any of your visitors to use/bring alcohol or non-prescribed drugs on the premises or come and visit you when they are under the influence of any substance.

## **York Hospital**

Whilst you are in hospital a nurse from the Substance Misuse Liaison Service or the Liaison Mental Health Team may come to you and/or be involved in planning your treatment. If you think this would be helpful you could check that you have been referred to the service by asking your nurse.

The Substance Misuse Liaison Service and Liaison Mental Health Team are a team of nurses who have specialist knowledge and experience of looking after the physical, emotional and social needs of hospital patients with alcohol, drug and mental health problems.

## **Scarborough Hospital**

Whilst you are in hospital an alcohol link worker may come to you to discuss your drinking if identified as drinking above the government's lower risk guidelines. You may be thinking about changing your alcohol use and we can give you time to talk this through and to think about what changes you want to make. We can offer support and help to reduce your drinking and offer referral to specialist community treatment services.

**In return we will do our best to provide treatment to help with withdrawal symptoms. We want you to feel safe and comfortable so that you can stay in hospital and have the treatment you need.**

# How can the Substance Misuse Liaison Service help me?

With us, you can talk openly about your alcohol/drug use in a safe and confidential discussion. We do share a summary of what we talk about in your medical notes but do not discuss your details with other agencies without your prior consent under normal circumstances. We can also talk to your family and/or friends, with your consent. We are here to help you:

- Make the most of your hospital stay.
- Receive the medical treatment and nursing care you need.
- Receive medical and psychological support, so you can avoid using alcohol or non-prescribed drugs while in hospital.
- Have support and treatment from community services when you go home.

## **What do we do?**

A member of the team will come and talk to you about your alcohol and/or drug use; and any treatment you are currently receiving.

We will talk to you about your medical treatment and explain how it relates to your alcohol or drug use.

We may ask your permission to do medical tests to confirm your recent use of alcohol and/or non-prescribed drugs to help plan and monitor your treatment.

If you are already with an alcohol or drug service we will contact them to make sure you get the right medication in hospital and on discharge.

If you are not getting help from an alcohol or drug service in the community, we can tell you what is available and where to go, we may be able to arrange an appointment for you.

You may be thinking about changing your alcohol or drug use. We can give you time to talk this through; to think about what changes you want to make and help act on these ideas.

Hospital can be a place of safety, away from your normal hassles. It can be a useful time to make plans about what you want to do next.

# Driving

All applicants and licence holders have a legal responsibility to inform the Driver and Vehicle Licencing Authority (DVLA) of any injury or illness that would have a likely impact on safe driving ability. Alcohol and drugs have an influence on the brain and **will** affect driving performance, therefore can seriously affect your ability to drive. It is **your responsibility** to inform the DVLA if you have problematic alcohol or drug use.

The DVLA will then make a decision on your fitness to drive and may request medical information.

## **DVLA contact details:**

Tel: 0300 790 6806

<https://www.gov.uk/contact-the-dvla>

Address: Drivers' Medical Enquiries, DVLA, Swansea, SA99 1TU

## Where can I get more help?

**Drinkline:** 0300 1231110

A free and confidential helpline for people concerned about their own or someone else's drinking.

Available: Monday- Friday 9am-8pm or Saturday to Sunday 11am-4pm.

**York Drug and Alcohol Service:** 01904 464680

3 Blossom Street

York

YO24 1AU

<https://www.changing-lives.org.uk/>

Integrated community drug and alcohol treatment and support.

**Changing Lives (Oaktrees):** 01904 621776

<https://www.changing-lives.org.uk/>

Bowes Morrell House

111, Walmgate, York, YO1 9UA

A non-residential, abstinence based structured day programme for York.



**North Yorkshire Horizons: 01723 330730**

<https://www.nyhorizons.org.uk/>

Operates from five main Hubs across the county:

Harrogate - 7 North park Road, HG1 5PD

Northallerton - 5 The Applegarth, DL7 8LZ

Selby - 4 Park Street, Selby YO8 4PW

Scarborough - 56-60 Castle Road, YO11 1XE

Skipton - Mill Bridge House, 4A Mill Bridge, BD23 1NJ

Integrated community drug and alcohol treatment and support for North Yorkshire.

**East Riding Partnership:**

<https://www.humber.nhs.uk/services/east-riding-partnership.htm>

Operates from three hubs covering the East Riding geographical area and provides drop-in services for adults and young people:

The Central Hub

7 Baker Street

Hull, HU2 8HP

Tel: 01482 336675

The West Hub

100 Boothferry Road

Goole, DN14 6AE

Tel: 01405 608210

The East Hub  
Becca House  
27 St John's Avenue  
Bridlington, YO16 4ND  
Tel: 01262 458200

**Alcoholics Anonymous:** 0800 9177650  
<https://www.alcoholics-anonymous.org.uk/>  
Regular meetings take place every week in York and throughout North Yorkshire and there is a meeting in York Hospital every Sunday, 11am-12.15pm.

**Narcotics Anonymous:** 0300 9991212  
<https://ukna.org/>  
Regular meetings take place in York and throughout North Yorkshire.

**Al-Anon Family Groups:** 0800 0086811  
<https://www.al-anonuk.org.uk/>  
National help and support for families and friends.

**Talk to Frank:** 0300 1236600  
<https://www.talktofrank.com/>  
A free and confidential 24 hour helpline about drugs

**York Carers Centre**  
<https://www.yorkcarerscentre.co.uk/>  
Substance Misuse Support Group: 01904 715490  
Information, advice and support for carers affected by alcohol and substance misuse. Regular monthly meetings are held.

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

The Substance Misuse Liaison Service,  
The York Hospital, Wigginton Road, York, YO31 8HE,  
telephone number 01904 726559 or email  
substancemisuselianservice@york.nhs.uk.

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email  
pals@york.nhs.uk.

An answer phone is available out of hours.

# Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供 , 電  
或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

Telephone: 01904 725566

Email: [access@york.nhs.uk](mailto:access@york.nhs.uk)

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