

# Drug and Alcohol Services



**Change  
Grow  
Live**

Clients will be offered a service based on priority, you can access the service by calling: **03003038160**  
[www.changegrowlive.org](http://www.changegrowlive.org)

**CGL Star** is the treatment provider for East Sussex supporting anyone with Drug or Alcohol dependency. For anyone requiring a prescription or further support in their recovery from substance addiction, please speak to CGL star for help. CGL are still accepting new referrals.



Support via phone, text, Skype or Facetime through the working week. **Email:** [U19SMS@eastsussex.gov.uk](mailto:U19SMS@eastsussex.gov.uk)  
**Or Call:** 01323 464 404

## U19s Substance misuse team

For support with drug or alcohol use or addiction for anyone under the age of 19, this service is still supporting clients with a multi disciplinary team and taking referrals.



To make a referral **call:** 07920786352  
**Email:** [esfact@cranstoun.org.uk](mailto:esfact@cranstoun.org.uk)  
Phone support through the week, accepting new referrals.

**East Sussex Family's and Carers Team** support those who are caring for someone who has an alcohol or drug addiction or impact of mental health. Supporting carers via phone.



To refer **call:** 07884263824 | 01424 446292 | 03301077808  
**Email:** [editor99100@btinternet.com](mailto:editor99100@btinternet.com)  
**Facebook:** [ESVH99100](https://www.facebook.com/ESVH99100)

**East Sussex Veterans Hub 99/100** is a service supporting all veterans in East Sussex, including those struggling with alcohol or substance addiction. We can support you to get the help you need, and refer you to other services. We are accepting new referrals, have a closed whatsapp group, telephone support and a weekly newsletter.



To refer call: 07884263824 | 01424 446292 | 03301077808  
**Email:** [info@esrauk.org](mailto:info@esrauk.org)  
**Website:** [www.esrauk.org](http://www.esrauk.org)  
**Facebook:** [ESRA recovery hubs](https://www.facebook.com/ESRArecoveryhubs)

**East Sussex Recovery Alliance** is a mutual aid charity offering a support service for people in recovery from drugs and alcohol. See our website and facebook page for updates of services, we are still accepting referrals and offer support over the phone.



Self refer online: <https://www.tfaforms.com/4703113>  
**Call:** 07718126515  
**Email:** [owrs@oasisproject.org.uk](mailto:owrs@oasisproject.org.uk)

**Oasis Womens Recovery Service** is a gender specific service supporting women only for those using or recovering from addiction to drugs or alcohol. Still accepting referrals, this service continues to support women via phone, speak to the team to find out more.



**Call:** 01424 717981  
**Facebook:** Seaview Project  
**Email:** [admin@seaviewproject.org.uk](mailto:admin@seaviewproject.org.uk)

**Seaview Project** offers a variety of services to street homeless and vulnerable people, including those using drugs and or alcohol. Centre is closed, accepting referrals via phone or email to arrange support such as resources including food and clothes.



CV19

**STAY AT HOME**

PROTECT THE NHS

save lives

**FRANK**

The **Information Advice and Guidance** service for drugs and alcohol.

Our live chat service operates from 2pm - 6pm, 7 days a week.

0300 1236600

Text 82111

Find FRANK online at:

<https://www.talktofrank.com/>

For email use the site:

<https://www.talktofrank.com/contact-frank>



I LIVE IN ST LEONARDS,  
I HAVE THE BEST JOB,  
AN AMAZING WIFE AND  
THREE DOGS THAT I  
LOVE.

**MY NAME IS KANNA**

I'm a recovering alcoholic.



I LIVE IN EASTBOURNE.  
I'M A PROJECT  
CONSULTANT AND MENTOR  
MANY PEOPLE.

**MY NAME IS PETER**

I am in recovery.

HM Government

NHS

**CORONAVIRUS**  
**STAY AT HOME**  
**SAVE LIVES**

The only reasons to leave home are to:

- ✓ shop for basic necessities, pick up medicine, travel to work when you absolutely cannot work from home and exercise once a day - alone or with members of your household.
- ✗ Do not meet others, even friends or family.

**CORONAVIRUS**  
**STAY HOME**  
**PROTECT THE NHS**  
**SAVE LIVES**