

#DRYMESTER SPREAD THE WORD

ALCOHOL AND FASD SUPPORT SERVICES

ALCOHOL SUPPORT

If you are worried about your alcohol use prior to finding out you were pregnant. Please don't panic and speak to your midwife who can support you. If you're struggling to stop drinking alcohol during pregnancy, or know somebody who is, there is specialist local help available.



BOLTON

Achieve Bolton

T: 01204 483 090

E: achieve.referrals@gmmh.nhs.uk

www.gmmh.nhs.uk/achieve



ROCHDALE

Turning Point – Rochdale and Oldham Recovery (ROAR)

T: 0300 555 0234

E: ROARreferrals@turning-point.co.uk

www.wellbeing.turning-point.co.uk/rochdale-and-oldham/



TAMESIDE

Change Grow Live (CGL) – My Recovery Tameside

T: 0161 672 9420

E: Tameside.Referrals@cgl.org.uk

www.changegrowlive.org/



BURY

Achieve Bury

T: 0161 271 0020

E: achieve.referrals@gmmh.nhs.uk

www.gmmh.nhs.uk/achieve



SALFORD

Achieve Salford (Greater Manchester Mental Health NHS Trust)

T: 0161 358 1530

E: achieve.referrals@gmmh.nhs.uk

www.gmmh.nhs.uk/achieve



TRAFFORD

Achieve Trafford

T: 0161 358 0991

E: achieve.referrals@gmmh.nhs.uk

www.gmmh.nhs.uk/achieve



MANCHESTER

Change Grow Live (CGL) Manchester

T: 0161 226 5526

www.changegrowlive.org/



STOCKPORT

Adult Drug and Alcohol Service (Pennine Care NHS Foundation Trust) / Stockport Triage, Assessment & Referral Team (START)

T: 0161 474 3141

E: START@stockport.gov.uk

www.healthystockport.co.uk/getting-support



WIGAN

HealthyRoutes

T: 01942 836 967

www.wigan.gov.uk/Resident/Health-Social-Care/Healthy-Routes/index.aspx

We Are With You (Wigan & Leigh)

T: 01942 487 578

www.wearewithyou.org.uk/services/wigan-leigh-wigan/



OLDHAM

Turning Point – Rochdale and Oldham Recovery (ROAR)

T: 0300 555 0234

E: ROARreferrals@turning-point.co.uk

www.wellbeing.turning-point.co.uk/rochdale-and-oldham/

FASD SUPPORT

If you recognise any of the FASD symptoms or want to find out more information, here are some services that can help. If you have concerns about a child you care for, contact your GP to discuss.

Early diagnosis and support can change lives.

National Organisation for FASD

<https://nationalfasd.org.uk>



NationalFASD

Me & My FASD

<https://fasd.me>

FASD Greater Manchester



FasdGreaterManchester

#DRYMESTER

HELPING PARENTS-TO-BE GO ALCOHOL FREE



Visit www.drymester.org.uk
for more information