

Where can I get help for drug and alcohol problems?

What services are there in my local area?

What are the risks of using drugs and alcohol?

What treatment and recovery options are available, and are they right for me?

How can I keep myself as safe as possible?



RESET
TOWER HAMLETS

Outreach & Referral Service

 **PROVIDENCE ROW**

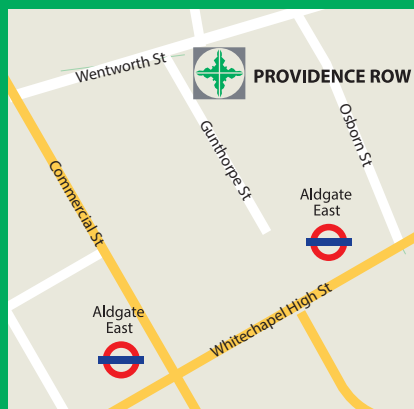
HELPING HOMELESS AND VULNERABLE PEOPLE SINCE 1860

Looking for advice about your personal drug and alcohol use, or concerned about someone else?

Reset is a free service offered to residents in Tower Hamlets to help people reduce their alcohol and/or drug dependency.

What we offer...

- A route into drug and alcohol services in the Borough, from our centre near Brick Lane. Our specialist workers offer supported referrals and signposting into other treatment and recovery services both in and outside of Tower Hamlets.
- Information and advice from our highly-trained advisors on the risks of drugs and alcohol and on how to stay safe.
- Group sessions and one-to-one keywork at Providence Row and other local centres Spitalfield's Crypt Trust, Mind in Tower Hamlets and Newham and the Whitechapel Mission.
- Needle exchange services, both on-site and mobile.



reset@providencerow.org.uk

call our freephone number on

0800 802 1860

Visit our website

www.providencerow.org.uk