



NORTH YORKSHIRE HORIZONS

**Do you, or anyone you know,  
want to be free from drugs  
or alcohol misuse?**

**We can help you**



If you, or someone you know, wants to be free from alcohol or drugs, we can help.

North Yorkshire Horizons offer a range of free, confidential and non-judgemental services for individuals and their families whose lives are affected by drugs and/or alcohol, and who live within the North Yorkshire county. Our aim is to support people to stay safe and live happier, healthy lives, free from drugs and alcohol.

**Please contact us on 01723 330730 for assistance.**

### **What we can offer**

We have experienced and professional teams who will work with individuals on their journey to recovery from drugs and/or alcohol. You will be allocated a key worker who will support you throughout your treatment and help you to develop a Recovery Plan, that is built around you and your circumstances. As part of our support, we can offer the following:

- One-to-one support
- Structured group therapy work
- Support to family members, involving them as part of your recovery plan wherever possible and with your consent
- A health and wellbeing check, health screenings, blood testing and vaccinations
- Help you achieve a balanced approach to life through therapeutic intervention
- Support to reduce the harm of drugs on you and how to prevent overdose
- substitute medication is available for some drugs that you may use
- Detox from alcohol and/or drugs – these can be at rehab centres (if you choose) or in the community/near your home
- A peer mentor/volunteer to give you additional support (see section on Recovery and Mentoring)

**We actively encourage everyone who works with us to take ownership over their recovery plan to make sure it's right for each individual, giving them the best chance at a successful recovery!**

## Contact us for support or referral

You can contact us on **01723 330730, 9am to 5:30pm, Monday to Friday.**  
You can also contact the service via email on **info@nyhorizons.org.uk.**

Anyone can make a referral to the North Yorkshire Horizons service eg. self-referrals, family members.

## Where we are

North Yorkshire Horizons operates from 5 main Hubs across North Yorkshire as well as providing support to rural areas where we utilise a wide range of local community venues to offer recovery groups. The 5 HUBS are: Harrogate, Northallerton, Selby, Skipton, and Scarborough (see back page for details).

## Early Intervention and Prevention

Our Early Intervention and Prevention Team provides support for people going through the criminal justice system, injecting drug users and those that use drugs other than heroin. We can provide:

- Guidance for people using New Psychoactive Substances ('legal highs'), 'club drugs', cannabis and steroids
- Sterile injecting equipment through local pharmacies, the hubs and mobile to your home
- Assessment and support for people in police custody
- Resettlement support for people released from prison

## Recovery and Mentoring

We can support you with your treatment and recovery in a number of ways:

- You can join one of our local recovery groups
- When you leave treatment, we can give you ongoing support in the community
- We can support you to get specialist services and mutual aid
- Working with community groups, we can help you find opportunities for employment, education and voluntary work

**Our service works in local communities to support people with drugs and/or alcohol issues. We recruit and train volunteers - if you would like to volunteer with North Yorkshire Horizons, please contact us on 01723 330730.**

**About North Yorkshire Horizons is an integrated drug and alcohol recovery service for North Yorkshire. Our aim is to help as many people as possible to recover from and be free from drug and alcohol dependency, and to reduce the harm that is caused to individuals, families and communities.**

The North Yorkshire Horizons services is provided, on behalf of North Yorkshire County Council, by DISC, Lifeline, Spectrum, The Cambridge Centre and Changing Lives.

**If you, or someone you know, wants to be free from alcohol or drugs, contact us:**

**Contact details**

**Hub Addresses:**

**Harrogate** - 7 North Park Road, HG1 5PD

**Northallerton** - 5 The Applegarth, DL7 8LZ

**Scarborough** - 56-60 Castle Road, YO11 1XE

**Selby** - 74-76 Gowthorpe, YO8 4ET

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

**For information, advice, support and to ‘self-refer’ to the service, please call: 01723 330 730 (9am to 5.30pm)**

**Visit [www.nyhorizons.org.uk](http://www.nyhorizons.org.uk)  
email: [info@nyhorizons.org.uk](mailto:info@nyhorizons.org.uk)**

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