

## USEFUL NUMBERS (National)

Alcoholics Anonymous	0207 833 0022
Al-Anon (Family Support)	0207 403 0888
Drinkline	0800 917 8282
Narcotics Anonymous	020 730 0009
National Drugs Helpline (FRANK)	0800 776 6600
NHS Direct	0845 4647
Samaritans	08457 909090

## USEFUL NUMBERS (Local)

CDAC Community Drug & Alcohol Centre	01908 668603
Compass Young Persons Drug Service	01908 379673

**Fletcher House Project** 01908 247730

### Milton Keynes Drug Services

#### Offer the following:

- Turning Point Options Substance Misuse Project
- Cranstoun Structured Day Care Service
- Smart Arrest Referral Scheme
- Compass Through After Care
- Smart Mentoring Scheme
- Turning Point Progress 2 Work

## DACS

### *How to find us*

- The City Counselling Centre is based in the Church opposite Marks and Spencer in Central Milton Keynes. As you face the Church, turn left and follow the outside of the building where you will find the entrance to the Counselling Centre.
- Although operated within the Church building, *DACS* has no religious associations



City Counselling Centre  
320 Saxon Gate West, Central Milton Keynes  
MK9 2ES

Tel: 01908 231131  
Email: [ccc.dacs@btconnect.com](mailto:ccc.dacs@btconnect.com)  
Web: [citycounsellingcentre.org.uk](http://citycounsellingcentre.org.uk)

CCC Logo designed by Springetts.

Contact Number 020 7486 7527



**BACP ACCREDITED CENTRE**

# DACS

## Alcohol Counselling & Support Service

Milton Keynes City Counselling Centre  
Registered in England 05049781  
Registered Charity No. 1104017

## **DACS**

### **Who we are**

- Our team of counsellors work for **DACS** on a voluntary basis and are experienced, professionally trained and qualified counsellors working within the BACP ( British Association for Counselling and Psychotherapy) ethical framework. All of our counsellors have considerable experience specific to working with clients who have drug and alcohol issues
- We are a Person Centred service and we believe in individual problems

### **What is Counselling**

- Counselling is about someone actively listening to you without judgement and helping you to express your feelings and explore your issues in an accepting atmosphere. It is not about someone giving you advice or telling you what to do. The counselling offered is non-directive and allows you to go at your own pace and feel supported in the changes you want to make.

## **DACS**

### **What we offer**

- Confidential counselling in a safe environment at the City Counselling Centre. Daytime and evening appointments throughout the week subject to availability.
- Individual counselling to anyone over 18. We work with people at all stages of change with regard their alcohol and drug use.
- We are aware of the pressure on families and friends who may be supporting someone with these issues and we may be able to offer some support to individuals being affected by someone else's use.
- In response to a robust provision of drugs services within Milton Keynes and a much more limited provision of alcohol services we aim to prioritise those seeking help to address alcohol problems. Our provision for clients with only drug issues is therefore more restricted, but we aim to accommodate those people who are unable to use other services.

## **DACS**

### **How to contact us**

- You can contact DACS to refer for counselling by telephoning 01908 231131. Your call will taken by reception which is staffed from 9.30 am to 9.30 pm Monday to Thursday and from 9.30 to 4.00 on Fridays (outside of these times there is an answer-phone in operation)
- As DACS is a small service, our co-ordinator is only in post part-time and, may not be available to speak to you when you call, but if you leave a message with your name and a contact number we will return your call as soon as possible.

### **Will there be a cost?**

- DACS has no direct funding and relies on donations to run this service. We do not make a charge for counselling but we do ask that clients give a donation towards the cost of their counselling sessions if they are able to.

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