

Useful Numbers (National)

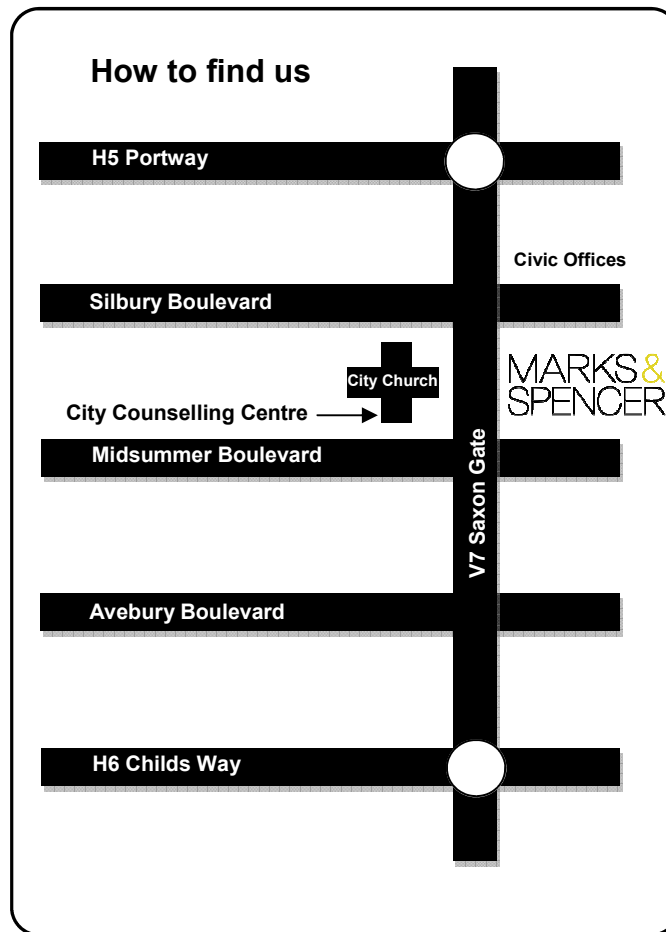
Alcoholics Anonymous	0207 833 0022
Al-Anon (Family Support)	0207 403 0888
Drinkline	0800 917 8282
Narcotics Anonymous	0207 730 0009
National Drugs Helpline (FRANK)	0800 776 6600
NHS Direct	0845 4647
Samaritans	0845 790 9090

Useful Numbers (Local)

CDAC Community Drug & Alcohol Centre	01908 668603
Compass Young Peoples Drug Service	01908 379673
Fletcher House Project Milton Keynes Drug Services	01908 247730

Offer the following :-

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



The City Counselling Centre is based in the Church opposite Marks and Spencer in Central Milton Keynes. As you face the main doors to 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.

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



DACS

Alcohol Counselling Service

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

Tel: 01908 231131

DACS—Who We Are

Our team of counsellors work for *DACS* on a voluntary basis and are experienced, professionally trained and qualified counsellors.

All of our counsellors work 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 & alcohol issues.

DACS is a Person-Centred service and we believe in individual solutions to individual problems.

What Is Counselling?

Counselling is about someone actively listening to you without judgment 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

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, and work with people at all stages of change with regard to their alcohol and drug use.

We are aware of the pressure on family and friends who may be supporting someone with these issues and we may be able to offer some counselling to individuals being affected by someone else's use.

In response to a robust provision of drug services within Milton Keynes and a much more limited provision of alcohol services we aim to prioritize those seeking help to address alcohol problems. Our provision for clients with drug only issues is therefore more restricted, but we aim to accommodate those people who are unable to use other services.



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.

DACS—How to Contact Us

You can contact *DACS* to refer for counselling by telephoning 01908 231131. Your call will be taken by reception which is staffed from 9.00 am to 9.30 pm on Mondays to Thursdays and from 9.00 am to 4.30 pm on Fridays. Outside of these times there is an answer phone in operation.

As *DACS* is a small service our Co-Ordinator is only around part-time and may not be available to speak to you when you call, but if you leave a message with your name and contact number we will return your call as soon as possible.

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320 Saxon Gate West
Central Milton Keynes
MK9 2ES

Tel: 01908 231131

Email *DACS*: ccc.dacs@btinternet.com
Email CCC General : cccmk@btinternet.com

Web: www.citycounsellingcentre.org.uk