

## WHERE TO FIND US

iCAS - Integrated Camden Alcohol Service

7-8 Early Mews, Arlington Road, Camden Town NW1 7HG

**Nearest Underground:** Camden Town



## FIND OUT MORE

Would you like free, confidential advice and information?

Call **020 3227 4950** to book an appointment at a location close to your home, or visit our main service. Or call our 24-hour Freephone Advice and Referral line **0300 303 2420**

## OPENING HOURS

### Appointments

**Monday to Friday:** 9am-5pm, evening appointments available on request

### Open access and drop-in

Individuals can self-refer by attending the drop-in service at the following times:

**Monday, Wednesday and Friday:** 10am-12noon

**Tuesday and Thursday:** 2pm-4pm

**Evenings - Monday and Thursday:** 5pm-6pm

## What our service users say...

"With support from the group and staff I achieved my goals. Not had a drink for 36 days."

"Thank you to all my peers and staff - onwards and upwards."

"Meeting others in a similar situation really helped build my confidence and made me realise I am not alone."

"I have done lots of treatment and rehabs but this was different. Attending the group programme gave me the tools and belief that helped me change."

## Equal opportunities

CRI and Camden and Islington NHS Foundation Trust operate an equal opportunities policy which means that anyone using our services, or any employee, volunteer or mentor, will not be discriminated against on the basis of racial, ethnic or national origin, gender, marital status, disability, sexual orientation, age, religious beliefs, HIV/AIDS status, or criminal offences.

## Confidentiality

CRI and Camden and Islington NHS Foundation Trust services are confidential and we have an open access policy. However, situations may arise where we will be obliged to notify the relevant authority. We will also share information with treatment providers if an ongoing referral is requested.

## CRI statement of purpose

CRI works to create safer and healthier communities.

We help people to break free from harmful patterns of behaviour by delivering innovative services which have a measurable impact on both health and community safety issues.

Our services are hallmarked by an emphasis on quality, a responsiveness to local priorities, and an outstanding record of achieving targets.

**This leaflet is available in other languages on request.**

**For more information visit:**  
[www.cri.org.uk](http://www.cri.org.uk) or [www.candi.nhs.uk](http://www.candi.nhs.uk)

Large print: if you would like a larger print version of this leaflet, please call 01273 677 019

Working in partnership



Camden and Islington **NHS**  
NHS Foundation Trust

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The logo for iCAS, featuring a stylized lowercase 'i' with a blue dot and the letters 'CAS' in a bold, sans-serif font.

Integrated Camden  
Alcohol Service

Free, confidential support  
for people worried  
about their alcohol use

☎ 020 3227 4950



7-8 Early Mews  
Arlington Road  
Camden Town  
NW1 7HG  
Fax: 020 3227 4959

# We believe that everyone has the ability to change.

## Is it time for change?

Do you find it hard to stop drinking once you start?

Has your alcohol use affected your finances or your personal relationships?

Are you concerned about your health, lack of sleep or low moods?

Do you feel isolated or lonely?

Do you frequently drink more than the recommended daily limits of 2-3 units for women or 3-4 units for men?

Have you, or has someone else, been injured because of your drinking?

## WHO WE ARE

The Integrated Camden Alcohol Service (iCAS) is a welcoming, open access service for people experiencing difficulty with alcohol use or who are affected by alcohol use issues.

If you have answered **yes** to any of these questions, you could benefit from advice and support.

Have you been unable to remember what happened the night before because you had been drinking?

## HOW WE CAN HELP

A worker from the Integrated Camden Alcohol Service (iCAS) can meet with you at a venue close to your home, such as your GP practice or local community centre. We will discuss your needs with you and together develop a tailored recovery plan to help you to progress towards your individual goals.

You will be able to select from a menu of recovery treatment options and we will support you to choose the appropriate level and type of support for your needs. The length, frequency and intensity of your treatment will be agreed as part of your recovery plan.

Whether you have recently become concerned about your alcohol use, or you have been drinking for many years, iCAS can support you to make healthier choices and improve your lifestyle.

### Our services include:

- Information, advice and brief interventions
- Alcohol reduction plans
- Specialist key work sessions
- Group work programme
- Community or inpatient detoxification
- Assessments for residential rehabilitation
- Psychological assessment and therapies
- Mental and physical health checks and advice
- Women's programme
- Complementary therapies
- Counselling

## HOW YOU WILL BENEFIT

### You can...

- Meet with an experienced alcohol worker in a range of community settings throughout the borough, including your GP surgery or local community centre.
- Explore the impact alcohol may be having on your life.
- Work with us to set goals aimed at supporting a reduction in alcohol use, or abstinence from alcohol.
- Develop a support network - make new friends and improve your relationships.
- Improve your health and wellbeing - look and feel healthier!
- Learn skills for managing cravings and relapse prevention techniques.
- Increase your self-esteem and confidence for change.
- Gain access to training, employment and volunteering opportunities.
- Find out about a range of other support services in the borough.

## ONGOING SUPPORT

There are a number of options for on-going aftercare support, including: education and training programmes; relapse prevention groups; counseling; mutual aid support; and peer-mentoring/volunteering opportunities.