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Greater Manchester West **NHS**
Mental Health NHS Foundation Trust

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Barrow - 92-96 Duke Street, LA14 1RD
Tel: 01229 615651

Penrith - 2nd Floor, Clint Mill, CA11 7HW
Tel: 01768 861280

Kendal - 39 Strickland Gate, Whitehorse Yard, LA9 4LT
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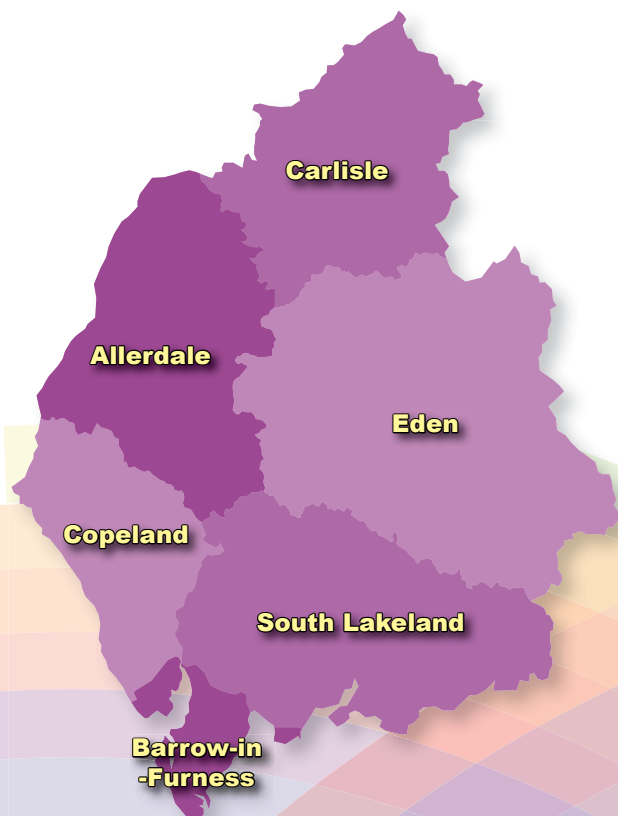
If you think we can help you
or if you are concerned about
someone else contact us today



Your Services
at Unity

Welcome to Unity – an NHS run alcohol and drug recovery service offering inspirational care and supported recovery for people living across Cumbria. We offer treatment and recovery support to individuals with a range of substance misuse problems, including alcohol, opiates, cocaine, cannabis, benzodiazepines, “legal highs”, amphetamines, prescribed and over the counter medications.

With bases in Barrow, Carlisle, Kendal, Penrith, Workington and Whitehaven, as well as developing services in HMP Haverigg, Unity offers all strands of recovery focused alcohol and drug treatment.



Our services are available to anyone- from those showing early signs of substance misuse to those who have lived with an addiction for years.



As soon as somebody makes that first step towards recovery they will access the most appropriate care for them with a plan tailored specifically to their needs.

We offer an initial assessment to help us identify the best individual recovery plan. This might include harm reduction services, psychosocial options and links to local recovery groups and family support.

An individual may need clinical help to detox and come off drugs or alcohol in a supported and controlled way. We offer this alongside psychological and social support which helps the individual understand the nature of addiction as well as spot the triggers which may lead to addictive behaviour.

When someone reaches the stage where they are no longer physically addicted to a substance we do not assume our work is done. The longest part of someone's recovery is sustaining it.

We have a proven track record in building strong links with local businesses and voluntary organisations. As well as us having close links with local recovery support

networks our service works alongside established organisations across Cumbria to help people access housing, education and employment- things which are difficult to sustain when living with an addiction.

We also help people to repair relationships with friends and families which may have suffered whilst the individual was misusing substances. Our many years of experience have taught us that the support of loved ones is crucial in preventing relapses and can be the vital support an individual needs to stay addiction free. We also offer individual interventions for family members, as we recognise those supporting people living with substance misuse have their own support needs.

During our decades of experience, we have been privileged to see lives change and even be saved due to the care and services we provide. We have also noticed how recovery can be contagious. That is why we actively encourage people in recovery to become role models and inspire current service users to see that success is possible.

We employ ex service users as volunteers or peer supporters and find them an invaluable asset to the service. Nothing is as powerful or moving as hearing a story of addiction and recovery from someone who has been there.

