

Low Threshold Services

Low Threshold Services are aimed at those who misuse alcohol and drugs at harmful levels and / or in harmful patterns of use but are not able to commit to formal treatment. Low Threshold Services work with clients who may lead chaotic lives and need assistance to reduce serious harm to themselves, arising from their problematic drug or alcohol use.

These services provide a range of physical, social and psychological interventions and supports, depending on the specific needs of each individual. Examples include providing sterile injecting equipment and advice on safer injecting, or helping someone to access, or remain in, stable accommodation.

Low Threshold Services aim to:

1. Reduce alcohol related harm.
2. Reduce drug related harm.
3. Reduce risky injecting practices.
4. Improve mental health.
5. Improve physical health.
6. Increase ability to manage daily activities.
7. Improve relationship with family members.
8. Improve housing stability.

You can contact your local Low Threshold Services at:

- Belfast area (Belfast Drug Outreach Team [Belfast Health and Social Care Trust \(BHSCCT\)](#)): (028) 9504 7301
- Northern area ([Extern](#)): (028) 2565 4012
- Southern area ([Extern](#)): (028) 2568 9601
- South Eastern area ([Simon Community](#)): 07435754307 / 07435754302
- Western area:
 - Derry area ([DePaul NI](#)) (028) 7136 5259
 - Fermanagh and Omagh areas ([ARC Healthy Living Centre](#)) (028) 6862 8741
 - Limavady area ([First Housing Aid & Support Services](#)) (028) 7137 1849

Telephone numbers can change – if you cannot get through on the numbers above, go to the Public Health Agency’s website and check their Drug and Alcohol Directory of Services.

<http://www.publichealth.hscni.net/publications/drug-and-alcohol-directories-services>