



Our customer pledge and charitable values

For nearly 50 years, Access Community Trust has provided impactful support to those most in need across the region.



Our customers remain at the HEART of everything we do.

Seeking support with a Dual Diagnosis

Get in touch

Our simple referral process can be accessed online, via email or by telephone.

-  www.accessct.org/referrals/
-  referrals@accessct.org
-  01502 527200
-  Sams, 132 Bevan St East
Lowestoft, NR32 2AQ.

**It is more common than you think...
We can support you**

**Struggling with drugs or alcohol and your mental health?
We can support you**

Struggling with drugs or alcohol and your mental health?

We can support you

Combining support with your mental health and substances (such as alcohol and drugs) at the same time is called a Dual Diagnosis.

Access Community Trust's Dual Diagnosis service was established over a decade ago and continues to proudly support people across Waveney today. Our team can also support you if you are concerned about a loved one.

Working in partnership with the NHS, we assist people with a range of supportive programmes, which are tailored to client needs.

The service is open access. This means that our team welcomes self referrals from individuals or through a professional, such as a doctor or health care worker.

Our simple referral process can be accessed online by visiting www.accessct.org/referrals , emailing referrals@accessct.org by calling our fully trained and friendly support team on **01502 527200**.

Getting Dual Diagnosis Support in Waveney

About our service

Working together with the NHS, we make sure that you receive the support that is right for you. Our person centred approach is very simple. We provide a non-judgement service that puts you first.

If you have mental health and alcohol or drugs problems, we can assist you with:

An Assessment

This allows you to talk directly to us about your care, how you are feeling and your support needs

A Joint Care Plan

This plan involves you and your support network and will document your care, needs and goals

Regular meetings and reviews

Which can also be attended by your loved ones

Access to other service provisions

Such as peer support, holistic therapies, guidance with non-medical concerns, work/volunteering opportunities, drop ins and group interest sessions.

Frequently asked questions and answers

Will I need to stop using drugs or alcohol before I seek support for my mental health?

No. Our team understand that you may be using drugs or alcohol to treat your mental health. We will still assess you.

If I have been discharged or disengaged from the service can I come back for help?

Yes. If you need help with your mental health and are struggling with drugs/alcohol now or in the future, we will support you.

How does a care plan work and do I get any say on what it contains?

Yes. We will listen to you to ensure the plan is right for you. We will respect the decisions you make. If you would like a loved one involved in your care, we will also listen to them.

Will anyone else (like my family) be told about my Dual Diagnosis support?

Unless someone is involved in your care plan (like a family member or loved one) and you give us permission to talk with them, we will not tell anyone else.

I am worried about a loved one, what support do you offer?

We have family and carer support option which can assist you with support and help you to build resilience.

