

BME DRUGS AND ALCOHOL HELPLINE

0161 232 5395

Confidential and safe to call

Available Monday – Friday 10am till 5pm (except bank holidays)

**TACKLING
DRUGS
CHANGING
LIVES**



(Please note: This is not a free phone number. However, we can call you back and your number won't be retained (local rates apply if calling from a landline. Mobile phone rates will vary)



BME DRUGS AND ALCOHOL HELPLINE?

Advice and referrals on drugs and alcohol issues for Black and Minority Ethnic (BME) people of all ages.

Information provided on:

- **drugs and alcohol**
- **screening to identify your needs**
- **drug and alcohol treatment services**
- **counselling services**
- **any other drugs and alcohol issue**

Our helpline advisors are able to speak to you in the following languages: **English, Urdu, Punjabi, Bangla, French, Patios, Swahili, Luganda, Italian, Portuguese and Shona...**

