

**THE RISING SUN TRUST
NEW HORIZONS GROUP
SIGNPOST HELPLINE**

**YOU CAN CONTACT US DURING THESE
HOURS.**

**The Rising Sun Trust office;
Monday to Friday
9:00am—5:00pm**

**The New horizons Group;
17 fisher Street,
Workington
Monday to Friday
10:00am— 2:00pm**

**SIGNPOST
0800 0838 449**

**CUMBRIA DRUG AND
ALCOHOL SERVICES**

**The Rising Sun Trust
Tel: 01900 870034
E-mail:
response@risingsuntrust.org**

**C.A.D.A.S.
(Cumbria Alcohol and Drug
Advisory Service)
01228 544140**

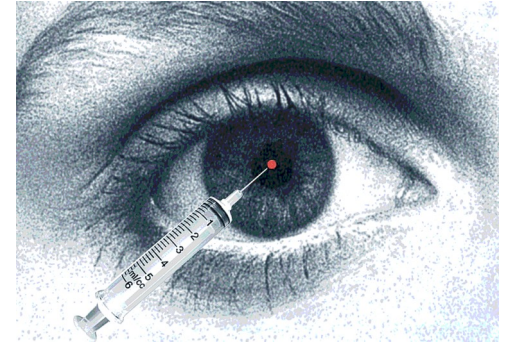
**ADDACTION
TEL: 01229 401 088**

**Turning Point
Family Support Group
Tel:01900 873005**

**Drug Intervention Programme
Tel: 07770332179**



**TAKE A STEP.....
TOWARDS RESOLVING A
DRUG/ALCOHOL
PROBLEM**



**SIGNPOST
HELPLINE**

**0800 0838 449
FREE & CONFIDENTIAL
24 HOURS A DAY,
365 DAYS A YEAR**

Get help finding the right direction

Signpost is part of The Rising Sun Trust.

You can be given advice, information or you can be referred to the agency that can help you deal with your situation positively.

If you are a parent an information pack can be sent through the post, this can contain information relevant to your situation.

If you are a mis-user of drugs/ alcohol, you can ring for support during difficult times or for advice about other agencies that can help you.

The helpline is available 24 hrs a day, 365 days a year.

TAKE A POSITIVE STEP.....

The Rising Sun Trust

The Rising Sun Trust is a West Cumbria based drug/alcohol charity.

We can provide information guidance and support for anyone being affected by drug/alcohol issues.

The staff and volunteers of the Trust are unique in the sense that they have all had some form of experience with drug/alcohol issues.

They are also involved with all aspects of the Trust, from the helpline to the New Horizons group, creating a relaxed, non-judgmental environment. Where you can see the same friendly faces every-time you come into contact with The Rising Sun Trust.

TO WHAT COULD BE.....

New Horizons

The New Horizons Group

This is a place that you can come to if you are a mis-user of drugs/alcohol to get support, information or just to relax and have a coffee in a non-judgemental environment.

The group offers you the chance to talk to other people who may have experienced similar issues to yourself.

There is a strict confidentiality rule within all areas of The Rising Sun Trust, this is especially important to anyone using the trust for support.

A NEW START IN YOUR LIFE.