

Date: 6th August 2026

Confidential substance misuse support available for staff

Colleagues are reminded that confidential support is available through the Substance Misuse Team for anyone who may be concerned about their own substance use or gambling, or the behaviours of a family member.



The team can support colleagues with concerns relating to alcohol, illicit drugs, prescribed medication, over the counter medicines and gambling.

The service is supportive and non-judgemental, providing advice, brief interventions, signposting and, where appropriate and agreed, referrals to specialist services.

Seeking support early can make a significant difference, helping colleagues access the right advice before concerns begin to affect their health, wellbeing, work or personal life.

New weekly drop in service

The Substance Misuse Team offer a weekly drop in session:

- Every Friday
- 9.30am to 10.30am
- Occupational Health Department, Clatterbridge Hospital

There is no need to make an appointment. Whether you would like support for yourself or are concerned about a family member, you are welcome to attend for a confidential and informal conversation.

If the weekly drop in time is not suitable, please contact the team, who can discuss alternative support with you.

Confidentiality

The Substance Misuse Team provides a discreet and confidential service. Information shared with the team will not normally be disclosed to anyone else without your consent.

There may be rare circumstances where information needs to be shared to protect your safety or the safety of others. This could include concerns about the welfare of a child or vulnerable person, a serious risk of harm, or concerns relating to patient safety, clinical practice or professional conduct.

Wherever possible, the team will discuss this with you beforehand and explain any action that may be required.

Reaching out for support is a positive first step. The team is there to listen, provide guidance and help you access the support that is right for you.