

Care for people who use drugs

Support during and after your hospital stay

Information for patients



Specialty & Integrated
Medicine

Thanks for letting us know that you use drugs or are on opioid substitution treatment. For some people, being in hospital can be a good chance to think about recovery. For others, it's not the right time - and just being in hospital can feel hard enough.

To help you stay in hospital safely and get the care you need, we'll ask you a few questions about you, your situation, and your drug use.

Opioid Withdrawal and iHOST

We know that feelings and fear of withdrawal can be very distressing and painful.

We are taking part in a project called iHOST (Improving Hospital Opioid Substitution Therapy). We will:

- Ask you some questions to understand what you need for opioid withdrawal.
- If you're not already on methadone or buprenorphine in the community, we'll check your withdrawal symptoms and can give you regular methadone to help you stay comfortable.
- If you are on a community prescription, we'll contact Forward Leads to make sure you get your usual dose as soon as possible.
- Two nurses have to give methadone together. They'll aim to do this as quickly as they can - we know it matters.

- We'll ask you how you're feeling and check in regularly to see how your withdrawal symptoms are.
- We'll ask whether you'd like to see Forward Leeds while you're in hospital or after you leave.

To help us do this we ask that you

- Tell us how you are feeling.
- Talk to us if you're worried about your meds.
- If you need more support with your meds call Release helpline on **020 7324 2989** or email: ask@release.org.uk

Forward Leeds

Forward Leeds helps people who use drugs and alcohol. They don't judge. They give advice and support, and help you set goals, whether that's using more safely, cutting down or stopping.

- They can help you while you're in hospital, even if you've never seen them before. If you agree they can visit you on the ward.
- The team can help you avoid using drugs in hospital and talk about support to stay off them after you leave.
- They can give you a naloxone kit to take home and explain how to protect yourself from opioid overdose.
- Call: **0113 887 2477** (Monday to Friday 09:00 - 17:00).
Or email: info@forwardleeds.co.uk

Scan or click the QR code to visit the Forward Leeds website. Or follow the link below:

www.forwardleeds.co.uk/get-help/



Other support and recovery meetings

You can find out about, or even join meetings online while you're in hospital. If you are well enough and there is a meeting locally, talk to staff about whether you can attend in person.

Narcotics Anonymous, Cocaine Anonymous and SMART Recovery all have meetings across Leeds. You can go to their websites or use the Recovery Meeting Finder.

Recovery Meeting Finder

Scan or click the QR code to access the Recovery Meeting Finder website.
Or follow the link below:

www.recoverymeetingfinder.com



Narcotics Anonymous

Scan or click the QR code to access the Narcotics Anonymous website.
Or follow the link below:

<https://meetings.ukna.org/meeting/search>



Cocaine Anonymous

Scan or click the QR code to access the Cocaine Anonymous website. Or follow the link below:

<https://meetings.cocaineanonymous.org.uk/meetings/>



Smart Recovery

Scan or click the QR code to access the Smart Recovery website.
Or follow the link below:

<https://smartrecovery.org.uk/>



Feeling safe

- If you are feeling unsafe at home or are worried about going back to where you live or sleep, please talk to us.
- If someone is hurting you, scaring you or controlling you please talk to us – we may be able to help keep you safe.
- If you need help speaking to the police, we can support you.

Leeds Domestic Violence Service helpline:

- Telephone: **0113 246 0401** (Available 24 hours)

Support after Rape and Sexual Violence:

- Freephone: **0808 802 3344**
- Text: **0786 002 2880**
- Email: support@sarsvl.org.uk

Housing

- If you are homeless, sofa surfing, staying in a hostel or are worried about where you live, please talk to us.
- If you are happy for us to, we may ask the Homeless Health Inclusion Team (HHIT) to see you and talk about support for after you leave hospital.
- We have a duty to let Housing Options know if you don't have a safe place to stay and may ask you to help with this. You can also contact them yourself on telephone: **0113 222 4412** (or **0113 378 8366** in an emergency, out of hours) or by email: housing.options@leeds.gov.uk or drop-in at Merrion House.
- For help with housing, food, clothes, jobs, or benefits, you can find other local services on the Street Support website.

Street Support

Scan or click the QR code to access the Street Support website.

Or follow the link below:

<https://streetsupport.net/find-help/>



Clothing

- Bexley Boutique (Ward 91, Bexley Wing, St James's University Hospital) can give you clothes if you need them.
- At the LGI, some clothes are available in the Emergency Department or at St George's Crypt nearby.

St George's Crypt

- St Georges Church, Great George St, Leeds LS1 3BR.
- Telephone: **0113 245 9061** (Monday to Sunday 09:30 - 17:00).

Leeds Social Care

- If you find it hard to look after yourself, move around, manage your home, or manage your money, we may ask you if you need Adult Social Care to help. They can talk with you about your needs and give support. You can also contact them yourself.

Telephone: **0113 222 4401**

(Weekdays 09:00 - 17:00 except Wednesday 10:00 - 17:00) or
email: leedsadults@leeds.gov.uk

Pain

- If you are in pain in hospital, please tell us. We can look at your pain medicine and help with your recovery.
- Drugs like heroin or cannabis can change how pain medicine works, which may make pain harder to control.
- It might take longer to find the right pain medicine for you, but we want to keep you as comfortable as possible.

Mental Health

Using and withdrawing from drugs can affect your mental health. Experiencing a low mood or being anxious is common, especially if you are in hospital or dealing with health issues.

- Cutting down or stopping drugs may improve your mental health.
- Being in hospital, away from family and friends, or being bored can make things harder.
- Please tell us how you are feeling so we can help.

Hepatitis B, C and HIV

- Using drugs can increase your risk of infections.
- Always use a clean needle and don't share needles with anyone.
- If you have blood taken, we will test for Hepatitis B & C and HIV unless you say no.
- If you inject drugs, you can protect yourself from Hepatitis B by getting vaccinated. Ask your doctor or nurse to give the vaccine in hospital, or your GP after you leave.
- For needle exchange information in Leeds, visit the Forward Leeds website.

Scan or click the QR code to visit the Forward Leeds website. Or follow the link below:

www.forwardleeds.co.uk/get-help/



Leeds Sexual Health

- If you have signs of a sexually transmitted infection, want a sexual health check-up, PreP or contraception, you can get help at Leeds Sexual Health.

Scan or click the QR code to visit the Leeds Sexual Health website. Or follow the link below:

<https://leedssexualhealth.com/>



- Or telephone: **0113 843 4495**
(Monday to Friday 08:30 - 16:30).

Behaviour

We know being in hospital can be tough, but some behaviours aren't acceptable. If this happens, staff will tell you and ask you to stop. They'll talk to you and try to understand why it happened and, if possible, make changes to help.

Please always treat our staff with respect.

The Leeds Way - Our promise to you

- **Patient-centred**
We will make decisions about your health with you. Your health and wellbeing will be at the centre of these decisions.
- **Fair**
We will treat you fairly, with respect and dignity.
- **Accountable**
We will be honest with you about your health, tests and treatment.
- **Collaborative**
We will work together with other professionals to give you the best care we can. This may include Forward Leeds, your GP, pharmacy teams, social services and others.
- **Empowered**
We will help you make decisions and take control of your health and wellbeing.





What did you think of your care?

Visit: www.leedsth.nhs.uk/patients/support/feedback-complaints/friends-family-test/

Scan or click the QR code - Your views matter

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