

## **Workshops**

Gasped runs a number of workshops through the year for clients on topics such as Emotional Freedom Technique, Mindfulness, Coping skill, Communication Skills and Relaxation Skills to name a few.

## **Helpline**

Our 24 hour, 365 day helpline runs as a port of call to all those in need of our services and advice . It is run by our dedicated helpline team. The number to call is 0845 146 0002

**For any further information regarding our services please contact the GASPED office:**

**Tel: 01924 787501**

**Email: [resourcecentre@gasped.co.uk](mailto:resourcecentre@gasped.co.uk)**

**5 –5a Cheapside  
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Charity number—1072174  
Company Limited by Guarantee Number 03580793

The logo for GASPED features the word "GASPED" in a stylized, green, hand-drawn font. The letters are slightly shadowed and appear to be floating above a light green background. Behind the text, there are faint, semi-transparent silhouettes of several people of different heights and shapes, suggesting a diverse group of individuals.

Greater Awareness and Support for People Encountering Drugs

**A service to help and support families who are affected by a loved one's drug/alcohol misuse**



### **One to one information sessions**

If you need help in deciding whether we are the people best suited to help you, we offer one to one sessions in a caring and non judgemental environment. During these meetings you can explore your needs. These sessions may include any of the following: sharing personal experiences, discussing stress and related health problems, introducing you to relaxation techniques and looking at the importance of taking time out for you.

### **Counselling**

If you think counselling is the best way forward for you you will be allocated a counsellor. The counselling sessions are 50 minutes per week and are free of charge. Your counsellor will be non judgmental, sensitive, empathetic and accepting. You will be given time and space to work through your feelings. Sessions will be non directive and advice giving - empowering you to make decisions based on your own feelings, all in an environment adhering to strict confidentiality.

### **Telephone/Skype Counselling**

We understand that due to issues such as mobility, location and time restraints it is not always feasible for people to access the counselling service. Therefore, we offer telephone/Skype counselling sessions on Mondays, Wednesday and Fridays.

### **Community based Family and Carer Support Groups**

Our network of community-based parent, family and carer groups are led by specially trained parent/carers volunteers, some of who all have personal experience of living and coping with a drug / alcohol dependant person.

Everyone who attends a GASPED group meeting understands what it is like to support a drug user in the family. Members come together to talk, listen, learn, share experiences and give support to one another. The meetings are confidential and you can be sure of a non-judgemental, warm and friendly atmosphere, where you will be made to feel welcome. Support group sessions are held every month in Wakefield, Castleford and South Kirkby.

### **EFT and NLP**

GASPED has qualified counsellors who use EFT and NLP to help clients to resolve their issues and difficulties with regards to their loved ones' drug and/or alcohol problems.

**Emotional Freedom Technique (EFT)** is a modern form of personal development and therapy. EFT can be used for a number of problems including relieving stress and anxiety, resolving negative emotional states.

**Neuro linguistic Programming (NLP)** is a methodology of understanding human behaviour. A variety of tools and techniques have been developed from it that can be beneficial in the area of personal change and therapy. Used in conjunction with coaching techniques hypnosis, NLP can be extremely effective in facilitating change.

### **Holistic Complementary Therapies**

GASPED's complimentary therapist provides treatments for clients such as reiki, crystal balancing, relaxation and meditation techniques, massage, Indian head massage, Thai foot massage and acupuncture. Many clients have found these sessions hugely beneficial in their road to improved wellbeing.

### **Hypnotherapy**

Hypnotherapy uses a range of techniques to make you more relaxed. It may help you to conquer or control the following: unwanted thoughts and ideas, such as low self-esteem and obsessive thoughts, phobias and fears, panic attacks and feelings of anxiety, jealousy, guilt, anger or inadequacy.

### **Community Rehab Programme**

The community rehab programme, unlike residential, involves your loved ones in the treatment process, supporting everyone involved, which will help give you the long term, lasting support you will need for the future. Gasped works alongside treatment services offering the highest quality therapeutic treatment in a relaxed and social environment.