

428  
people

who had contact with **drug and alcohol services** died by **suicide** in one year

8%

of all people who died by suicide

## Money or housing problems



You should be told about services that can **help** you with problems with **housing and money**

## Staying substance free



Engaging with **voluntary services** can help you stay **drug and alcohol free**

## Asking for help



You should be encouraged to **get back in touch** with services if you **start using drugs or alcohol again**

## Services working with you



Services should **work together** to help you with **drug and alcohol and mental health problems**