



CYPRUS NATIONAL  
ADDICTIONS AUTHORITY

## Guide to Treatment Services for Illicit Substances, Alcohol and Pathological Gambling

The Cyprus National Addictions Authority (NAAC) is the supreme coordinating body in Cyprus in the field of legal and illegal substances of dependence and pathological gambling. Addictive substance use is a multidimensional phenomenon, which is why NAAC ensures a comprehensive approach through the design and operation of programmes that are accessible and address the multifaceted needs of the people who are exposed to them.



Adolescent Centers & Family



Low Threshold Centres



Detoxification Centres<sup>1</sup>



Intensive Day Treatment



Rehabilitation Centres<sup>2</sup>



Other Related Services



Substitution Centres<sup>3</sup>



Helplines

- 1. Detoxification:** a process by which a person is physically fully recovered from the effects of a psychoactive substance. As a clinical method, the process of detoxification refers to the intervention through which a person is under supervision until full recovery from physical withdrawal. Detoxification may or may not involve the administration of medication.
- 2. Rehabilitation:** the process through which the person with substance use disorder achieves recovery of health, psychological functioning, and social well-being.
- 3. Substitution:** a form of medical care provided to people who are addicted to opiates using a substance identical or similar to the illicit substance the person normally uses.



## Adolescent and family counselling centre «PERSEAS»

**Telephone:** 22464292, Helpline: 1456

**Facebook:** Perseas counselling

**Type of centre:** Outpatient service

**Inclusion criteria:**

- Adolescents and young adults who have difficulties with:
  - Alcohol
  - Illegal substances of dependence
  - Engaging in gambling
- People up to 22 years old who experiment with or regularly use substances
- People up to 22 years old who regularly use substances
- Parents/guardians of adolescents and young adults with difficulties related to the above

**Charge:** Free of charge

**Services provided:**

- Individual \ group counselling intervention
- Individual \ group counselling intervention
- Development of social skills
- Psycho-education
- Family therapy



## Residential treatment centre for adolescents and young people

**Telephone:** 22283242

**Type of centre:** Inpatient service

**Inclusion criteria:**

Adolescents or youth (boys and girls) 13-19 years of age with a use profile that requires inpatient treatment, i.e., use/abuse and/or dependence is to such an extent that it leads to dysfunctional behavior

Minors/young people may:

- a) be under the care of the Welfare Office
- b) be referred by their family
- c) be referred by the judicial system and charged under the Treatment of Defendants, Users or Substance Abusers Act 2016, as amended

**Charge:** Free of charge

**Services provided:**

- Group Therapy
- Individual treatment
- Creative activities and alternative activities
- Attendance of school courses, computer courses, English, music, cooking, gymnastics, etc
- Family therapy, Family counselling  
Family therapy

## Counselling Centre «AGIA SKEPI»



**Telephone:** 22347720

**Type of centre:** Outpatient service

**Inclusion criteria:**

- Adults (and their relatives) who experience problems:
  - With legal addictive substances
  - With illegal substances of dependence

**Charge:** Free of charge

**Services provided:**

- Information in general and specifically on issues related to treatment and services provided
- Developing incentives to start treatment
- Preparation and referral for membership in the Therapeutic Community «Agia Skepi»
- Counselling support for individuals and families

## Prevention and counselling centre «ITHAKI»



**Telephone:** 22524826

**Type of centre:** Outpatient service

**Inclusion criteria:**

- Adults (and their relatives) who experience problems:
  - With legal addictive substances
  - With illegal substances of dependence

**Charge:** Free of charge

**Services provided:**

- Information in general and specifically on issues related to treatment and services provided
- Developing incentives to start treatment
- Preparation and referral for inclusion in the appropriate programme
- Counselling support for individuals and families

## Therapeutic unit for people with substance use disorders «THEMEA»



**Telephone:** 22603267, 22603271

**Type of centre:** Outpatient and inpatient services

**Inclusion criteria:**

- Adults (and their relatives) who experience problems:
  - With legal addictive substances (alcohol & prescription drugs)
  - With illegal substances of dependence

**Charge:** Free of charge

**Services provided:**

- Physical detoxification to achieve abstinence from use with safe treatment of withdrawal syndrome
- Pharmaceutical and psychosocial support



**Telephone:** 22465616

**Type of centre:** Outpatient service

**Inclusion criteria:**

- Adults experiencing difficulties with the use of legal or illegal substances of dependence and their loved ones
- Adults who have problems with gambling and their loved ones

**Charge:** Free of charge

## Centre for multiple interventions

**Services provided:**

- Individual and group therapeutic interventions aimed at
  - Psychological rehabilitation
  - Social reintegration (vocational rehabilitation and training, financial independence and management of legal issues)



**Telephone:** 70005537

**Type of centre:** Outpatient service

**Inclusion criteria:**

- Adults (and their relatives) who experience problems
  - With legal addictive substances
  - With illegal substances of dependence
  - By engaging in gambling
- Adults who experiment with or systematically use legal and illegal substances

**Charge:** Free of charge

## Counselling center «APOFASIZO»

**Services provided:**

- Individual and group therapeutic interventions of counselling and psychotherapy aiming at
  - Psychological rehabilitation
  - Social reintegration (vocational rehabilitation and training, financial independence and management of legal issues)

## Therapeutic community «AGIA SKEPI»



**Telephone:** 22634511

**Type of centre:** Outpatient service

**Inclusion criteria:**

- Adults (and their relatives) who experience problems:
  - With legal addictive substances
  - With illegal substances of dependence
- People with long-term or heavy use of illegal and legal substances of dependence (e.g. heroin or other substances)

- Individuals who have previously received Counselling Centre preparation and/or detoxification services

**Charge:** Free of charge

**Services provided:**

- Individual and group therapeutic interventions aimed at:
  - Psychological rehabilitation
  - Social reintegration (vocational rehabilitation and training, financial independence and management of legal issues)

## Therapeutic Community «RETO CYPRUS»



**Telephone:** 22775160, 22775150

**Type of centre:** Inpatient service

**Inclusion criteria:**

- Adults (and their relatives) who experience problems:
  - With legal addictive substances
  - With illegal substances of dependence
- People with long-term or heavy use of illegal and legal substances of dependence (e.g. heroin, or other substances)

**Services provided:**

- Individual and group interventions aimed at
  - Psychological rehabilitation
  - Social reintegration (vocational rehabilitation and training, financial independence and management of legal issues)

**Charge:** Free of charge



## «GEFYRA» Rehabilitation Programme

**Telephone:** 22402113

**Type of centre:** Outpatient service

**Inclusion criteria:**

- Adults who have problems with heroin or other opioids
- People who are physically dependent on heroin or other opioids
- People who do not have complete abstinence from substances as their main goal

**Charge:** Free of charge

**Services provided:**

- Provide substitution medication
- Provision of medical assistance
- Provision of advice

## Adolescent and family counselling centre «**PROMITHEAS**»



**Telephone:** 25305079, 25305110

**Type of centre:** Outpatient service

**Inclusion criteria:**

- Minors or young people who have problems with
  - alcohol
  - illegal substances of dependence
- People up to 22 years old who use experimentally or occasionally
- People up to 22 years old who use regularly
- Parents/families of adolescents and young adults with difficulties related to the above

**Charge:** Free of charge

**Services provided:**

- Individual counselling, group counselling
- Supportive psychotherapy
- Alternative forms of therapy such as therapy through art, drama therapy
- Development of social skills
- Creative activity groups and alternative activities
- Parallel intervention for parents: psychoeducation of parents, family therapy, individual and group counselling for parents, group therapy for parents

## Prevention and counselling centre «**ODYSSEUS**»



**Telephone:** 25334422

**Type of centre:** Outpatient service

**Inclusion criteria:**

- Adults (and their relatives) who experience problems:
  - With legal addictive substances
  - With illegal substances of dependence

**Charge:** Free of charge

**Services provided:**

- Information in general and specifically on issues related to treatment and services provided
- Developing incentives to start treatment
- Preparation and referral for inclusion in the appropriate programme (internal or external)
- Counselling support for individuals and families



## Detoxification unit «ANOSI»

**Telephone:** 25305011

**Type of centre:** Inpatient service

**Inclusion criteria:**

- Adults (and their relatives) who experience problems
  - With legal addictive substances (except alcohol)
  - With illegal substances of dependence
- Adults who experiment with or regularly use substances
- Persons who are physically dependent on illegal or legal psychoactive substances (other than alcohol)

**Charge:** Free of charge

**Services provided:**

- Treatment of withdrawal syndrome
- Provision of pharmaceutical and psychosocial support



## Intensive psychological treatment centre for the rehabilitation of dependent adults «ANAKAMPSI»

**Telephone:** 25341152, 25305110

**Type of centre:** Outpatient service

**Inclusion criteria:**

- Adults (and their relatives) who experience problems
  - With legal addictive substances
  - With illegal substances of dependence
- Adults who experiment with or recreationally use substances

**Charge:** Free of charge

**Services provided:**

- Individual and group therapeutic interventions aimed at
  - Psychological rehabilitation
  - Social reintegration (vocational rehabilitation and training, financial independence and management of legal issues)

## Counselling Centre «APOFASIZO»



**Telephone:** 70005537

**Type of centre:** Outpatient service

**Inclusion criteria:**

- Adults (and their relatives) who experience problems
  - With legal addictive substances
  - With illegal substances of dependence
  - By engaging in gambling
- Adults who use substances recreationally or regularly

**Charge:** Free of charge

**Services provided:**

- Individual and group therapeutic interventions of counselling and psychotherapy aiming at
  - Psychological rehabilitation
  - Social reintegration (vocational rehabilitation and training, financial independence and management of legal issues)

## Psychotherapeutic centre for long-term rehabilitation «Psema»



**Telephone:** 70005531

**Type of centre:** Outpatient service, Intensive Day Programme

**Inclusion criteria:**

- Adults with problems of illegal substance use
- Adults who have been using addictive substances for a long time, and do not have current serious pathological problems

**Charge:** Free of charge

**Services provided:**

- Individual and group therapeutic interventions aimed at
  - Psychological rehabilitation
  - Social reintegration (vocational rehabilitation and training, financial independence and management of legal issues)



## Counselling centre for the treatment of e-dependency «ELEKTR-A»

**Telephone:** 70005531

**Type of centre:** Outpatient service

**Inclusion criteria:**

- Children, Adolescents and Adults who are persistently involved in online gambling and betting or other forms of online addiction and their loved ones

**Charge:** There is a charge

**Services provided:**

- Individual counselling, Individual psychoeducation, Individual psychotherapy
- Group counselling, Group psychoeducation, Group psychotherapy, Group psychotherapy
- Alternative art forms
- Creative activity groups and alternative activities
- Link to their educational or professional life



## Gambling Counselling and Rehabilitation Programme «FAROS»

**Telephone:** 99239130

**Type of centre:** Outpatient service

**Inclusion criteria:**

- Adults (and their relatives) who experience problems by engaging in gambling
- Adults who have a problem with gambling and may have a co-morbidity

**Charge:** Free of charge

**Services provided:**

- Individual and group therapeutic interventions of counselling and psychotherapy aiming at
  - Mobilization for inclusion in the rehabilitation programme
  - Psychological rehabilitation
  - Family support and guidance
  - Social reintegration (vocational rehabilitation and training, financial independence, and management of legal issues).



## Medication treatment for Opioid Use Disorder (OUD) programme «**SOSIVIO**»

**Telephone:** 25305111, 25305077

**Type of centre:** Outpatient service

**Inclusion criteria:**

- Adults who have problems with heroin or other opioids
- People who are physically dependent on heroin or other opioids
- People who do not have complete abstinence from substances as their main goal

**Charge:** Free of charge

**Services provided:**

- Provide substitution medication
- Provision of medical assistance
- Provision of advice



## Juvenile Counselling Station «**APOFASIZO 18 OR YOUNGER**»

**Telephone:** 70005537

**Type of centre:** Outpatient service

**Inclusion criteria:**

- Minors under 18 who have problems with:
  - Alcohol
  - Illegal substances of dependence
- Parents/families of adolescents and young adults with difficulties related to the above

**Charge:** Free of charge

**Services provided:**

- Counselling
- Psychotherapy
- Activities to promote creative employment

- Encouragement and self-awareness groups
- Legal guidance
- Psychoeducation
- Emotional regulation and enhancement of cognitive functions through Transcranial Controlled Magnetic Induction and receptive music therapy.
- Cognitive and learning empowerment exercises
- Vocational orientation
- Family counselling and group coaching for parents



## Prevention and counselling centre «**KIMONAS**»

**Telephone:** 24645333

**Type of centre:** Outpatient service

**Inclusion criteria:**

- Adults (and their relatives) who experience problems
  - With legal addictive substances
  - With illegal substances of dependence
- Adults who use recreationally or regularly
- Adults who have problems with the use of legal or illegal substances of dependence and their loved ones

**Charge:** Free of charge

**Services provided:**

- Information in general and specifically on issues related to treatment and services provided
- Developing incentives to start treatment
- Preparation and referral for inclusion in the appropriate programme
- Counselling Support for individuals and families

## Detoxification programme, Veresies Clinic



**Telephone:** 24645333, 70000659

**Type of centre:** Outpatient and Inpatient service

**Inclusion criteria:**

- People who have a physical dependence
  - In illegal or
  - Legal psychoactive substances

**Charge:** There is a charge

**Services provided:**

- Treatment of withdrawal syndrome
- Provision of pharmaceutical and psychosocial support

## Counselling Station «APOFASIZO»



**Telephone:** 70005537

**Type of centre:** Outpatient service

**Inclusion criteria:**

- Adults (and their relatives) who are experiencing problems:
  - With legal addictive substances
  - With illegal substances of dependence.
  - By engaging in gambling
- Adults who experiment with or systematically use legal and illegal substances.

**Charge:** Free of charge

**Services provided:**

- Individual and group therapeutic interventions of counselling and psychotherapy aiming at:
  - Psychological rehabilitation
  - Social reintegration (vocational rehabilitation and training, financial independence and management of legal issues).



## Rehabilitation Programme «**STEP BY STEP**», Veresies Clinic

**Telephone:** 24645333, 70000659

**Type of centre:** Outpatient service

**Inclusion criteria:**

- Adults who have problems with
  - Use or dependence on legal substances
  - Use or dependence on illegal substances

**Charge:** There is a charge

**Services provided:**

- Individual and group therapeutic interventions aimed at
  - Psychological rehabilitation
  - Social reintegration (vocational rehabilitation and training, financial independence and management of legal issues)



## Medication treatment for Opioid Use Disorder (OUD) programme «**DIAVASIS**»

**Telephone:** 24818763, 24818741,  
24818742

**Type of centre:** Outpatient service

**Inclusion criteria:**

- Adults who have problems with heroin or other opioids
- People who are physically dependent on heroin or other opioids
- People who do not have complete abstinence from substances as their main goal

**Charge:** Free of charge

**Services provided:**

- Medication treatment for Opioid Use Disorder (OUD)
- Provision of medical assistance
- Provision of advice

## Prevention and Counselling Center «ACHILLEAS»



**Telephone:** 97614447, 23923232

**Type of centre:** Outpatient service

**Inclusion criteria:**

- Adults (and their relatives) who experience problems
  - With legal addictive substances
  - With illegal substances of dependence
- Adults who experiment with or regularly use substances

**Charge:** Free of charge

**Services provided:**

- Individual and group therapeutic interventions aimed at
  - Psychological rehabilitation
  - Social reintegration (vocational rehabilitation and training, financial independence of the person and management of legal issues)

## Medication treatment for opioid use disorder (OUD) programme «EPISTROFI»



**Telephone:** 23815090, 23815087

**Type of centre:** Outpatient service

**Inclusion criteria:**

- Adults who have problems with heroin or other opioids
- People who are physically dependent on heroin or other opioids
- People who do not have complete abstinence from substances as their main goal

**Charge:** Free of charge

**Services provided:**

- Provide substitution medication
- Provision of medical assistance
- Provision of advice



## Gambling Counselling and Treatment Programme «KINITRO» Famagusta

**Telephone:** 23250313

**Type of centre:** Outpatient service

**Inclusion criteria:**

- Adults (and their relatives) who are experiencing problems By engaging in gambling
- Adults who have gambling related problems and may have comorbidities

**Charge:** Free of charge

**Services provided:**

- Counselling Programme for people who aim to reduce their gambling
- Treatment Programme for people who aim for total abstinence from gambling.
- The treatment programme offers individual treatment, group therapy and family counselling and/or group therapy.
- Counselling for family members of the individuals who deal with gambling dependence

## Outpatient Treatment Centre for People with substance use disorder «**TOLMI**»



**Telephone:** 96067633, 26941919

**Type of centre:** Outpatient service

**Inclusion criteria:**

- Adults (and their relatives) who experience problems:
  - With legal addictive substances
  - With illegal substances of dependence
- Adults who experiment with or recreationally use substances

**Charge:** Free of charge

**Services provided:**

- Individual and group therapeutic interventions aimed at
  - Psychological rehabilitation
  - Social reintegration (vocational rehabilitation and training, financial independence and management of legal issues)

## Medication treatment for Opioid use disorder (OUD) programme «**STROFI**»



**Telephone:** 26803144, 26803174

**Type of centre:** Outpatient service

**Inclusion criteria:**

- Adults who use heroin or other opioids
- People with substance use disorder
- People who do not have complete abstinence from substances as their main goal

**Charge:** Free of charge

**Services provided:**

- Provide substitution medication
- Provision of medical assistance
- Provision of advice

## Gambling Counselling and Treatment Programme «**KINITRO**» PAFOS



**Telephone:** 70009407

**Type of centre:** Outpatient service

**Inclusion criteria:**

- Minors (from 16 years old) (and their loved ones) who have gambling related problems
- Adults (and their loved ones) who have gambling related problems

**Charge:** Free of charge

**Services provided:**

- Counselling to reduce problematic gambling
- Treatment of pathological gambling
- Counselling and support for families and loved ones of people with pathological gambling

## Other Services at a National Level



### Direct Access and Harm Reduction Centre «STOXOS»

**Telephone:** 22460077

**Type of centre:** Outpatient service

**Inclusion criteria:**

- People actively using substances

**Charge:** Free of charge

**Services provided:**

- Information for safe use
- Provision and exchange of syringes
- Infectious disease prevention and control interventions
- Food and beverages
- Temporary accommodation



### Designation: Self-Help Groups «Narcotics Anonymous»

**Telephone:** 96563051

**Type of centre:** Outpatient service

**Inclusion criteria:**

- People who use or are dependent on
  - Legal substances
  - Illegal substance

**Charge:** Free of charge

**Services provided:**

- Psychological support within the group



### Designation: Self-Help Groups «MESOGIOS»

**Telephone:** 24645333

**Type of centre:** Outpatient service

**Inclusion criteria:**

- Adults (and their relatives) who experience problems
  - With legal addictive substances
  - With illegal substances of dependence
  - By engaging in gambling
- Adults who experiment with or regularly use substances

**Charge:** Free of charge

**Services provided:**

- Psychological support within the group



## Help Lines

In Cyprus, there are helplines that provide information, guidance and/or counselling support on addictive substances. At the same time, they provide the possibility of referring the individual or family to structures and programmes to which they can turn for specialized help.

Help lines on which the following services are provided:

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### 1402: Cyprus National Addictions Authority

The 1402 helpline handles a wide range of issues related to addiction to legal and/or illegal substances of dependence, which can be summarized as follows:

- Information about the substances
- Treatment programmes operating in Cyprus
- Overdose management
- Harm reduction measures provided in Cyprus
- Crisis management related to substance use
- Information on other related issues, such as drug testing legislation, the Treatment of Accused Users or Substance Abusers Act, the referral protocol for young arrestees, prevention programmes, the cannabis issue, and the financial assistance plan for social rehabilitation.

**The 1402 helpline is operated by officials of the STOHOS (Target) Programme.**

**The operating hours of the Line are:**

**Monday - Friday: 8:00-22:00 and weekends 15:00-22:00**

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### 1422: Information and support helpline for problem gambling.

**The KENTHEA is responsible for the operation of the 1422 line and its operating hours are: 9:00 a.m. - 19:00 p.m.**

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### 1456: Adolescent and Family Counseling Center «PERSEAS»

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### 1410: Cyprus Youth Organization

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### 1498: Anti-Narcotics Service, Cyprus Police

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### 1431: Free Smoking Cessation Line

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