

Guide to Alcohol and Drug Services in Aberdeenshire

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www.aberdeenshireadp.org.uk



Aberdeenshire Guide to Alcohol and Drug Service

Who is this guide for?

This guide is designed to help those who are having difficulties with alcohol and other drugs, their families, friends and carers. It is also aimed at giving professionals a document which will be useful in helping people to know who gives support and where these supports are available in Aberdeenshire.

How to use this guide?

This guide aims to help people find out about the support available to those experiencing difficulties with alcohol and / or drugs and their families and carers.

The whole document can be printed, or just the pages you require. You can use the table of contents to help find the page and sections you want and there are separate lists at the beginning of each section. You can also find what you are looking for on the A-Z page at the back of the guide.

If you have any questions about this guide or would like some information included, amended or removed in a future edition contact:

Aberdeenshire Alcohol Drug Partnership

Summerfield House

2 Eday Road

Aberdeen

AB15 6RE

01224 558554

Email: aberdeenshire.adp@nhs.net

www.aberdeenshireadp.org.uk

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Aberdeenshire Alcohol and Drug Services – Drop In / Single Point of Access

This contact point / Drop in Service is for people experiencing problems with alcohol or drugs or who don't know what to do about somebody else's problems and who to turn to. This is also the route for professional referral in Aberdeenshire.

For access to Aberdeenshire Alcohol and Drug Services, to get advice, support, treatment or just a confidential chat with someone about alcohol or drug use:

- Telephone 01224 594700
 - North Aberdeenshire - nhsg.kessockclinic@nhs.net
 - South and Central Aberdeenshire - nhsg.grampianscspa@nhsg.net
-
- Keep safe
 - Get advice

Town	Location	Days & Time
Banchory	Banchory Lesser Hall (Town Hall)	Tuesday 11am-4pm
Banff	83 North Castle Street AB45 1JJ	Thursday & Friday 10am-4pm
Fraserburgh	Here for You Centre 48 Broad Street AB43 9AH	Monday 10am-12noon Thursday 10am-12noon
Fraserburgh	JIC Building AB43 9JL	Wednesday 2.30pm-3.30pm
Huntly	Largue's Pharmacy Gordon Street	Thursday 9.30am-12noon
Huntly	Linden Centre AB54 4SE	Friday 1pm-5pm
Inverurie	Will's Chemist West High St.	Tuesday 9.30am-1pm
Inverurie	Garioch Centre Constitution Street AB51 4SB	Friday 2pm-4pm (extended to 6pm)
Peterhead	9 St Peter Street AB42 1QB	Monday, Wednesday & Thursday 9am-5pm
Peterhead	9 St Peter Street AB42 1QB	Tuesday 9am-7pm
Peterhead	9 St Peter Street AB42 1QB	Friday 9am-4.30pm
Stonehaven	Community Centre Bath Street, AB39 2DH	Wednesday 1.30pm-4.30pm

Service	Aberdeenshire Community Substance Misuse Service		
Organisation	Social Work, Aberdeenshire Council		
Key Ares	Alcohol, Drugs, BBV, Homelessness, family, carers		
Service provided	<ul style="list-style-type: none"> ■ Specialist assessment and access to community and residential rehabilitation ■ Support for families, friends and partners ■ Support with issues around BBV and sexual health ■ Support and assist those who are drink and drug free ■ Provide information on drugs and alcohol ■ Liaise and network with other organisations to provide a complete package of care for the individual ■ Access to Employment Development Officers ■ Duty/Drop-in sessions run in most areas 		
Opening Hours	9am -5pm Monday – Friday		
Who can refer	Self, GP, Social Work, Other Professional Parent/Caregiver	How to refer	In person Postal Telephone
Address	<p>North Team Fraserburgh (Main Office) Community Care Office 13 Dalrymple Street Fraserburgh AB43 9BH Email: northsubstancemisuseteam@aberdeenshire.gov.uk</p> <p>South/Central Team (Main Office) 67 Market Street Inverurie AB51 3PY Email: southcentralsubstancemisuseteam@aberdeenshire.gov.uk</p>		
Telephone	01346 516800 Fraserburgh 01467 625567 Inverurie 01466 794488 Huntly 01779 477333 Peterhead 01261 813560 Banff 01569 768400 Stonehaven 01330 824991 Banchory 01358 726900 Ellon 01224 784877 Portlethen 0845 840070 Social Work & Homelessness Out of Hours Emergency Service		
Website	www.aberdeenshire.gov.uk www.aberdeenshire.gov.uk/care/help/living/what_services/emergency_services.asp		
The service is delivered	The service is delivered throughout Aberdeenshire The service accepts referrals from all Aberdeenshire		

Service	Aberdeenshire Early Years Service		
Organisation	Children 1ST		
Key Ares	Family support service for families who are under additional stress and require an intensive service		
Service provided	<p>Help and support for families with the following challenges:</p> <ul style="list-style-type: none"> • Children not achieving their developmental milestones • Unwilling or unable to engage or take up universal provision ante / postnatally • English as an additional language • Concerns regarding substance or alcohol misuse • Concerns about neglect or potential / failure to thrive • Concerns that children are not nursery or school ready • Parents identifying that they are struggling to cope 		
Opening Hours	Family Support Workers will cover days, evenings and weekends as required.		
Who can refer	Self GP Social Work Any professional Parent/Caregiver	How to refer	In person Email Postal Telephone Referral Form
Address	15 Frithside Street Fraserburgh AB43 9AR		
Telephone	01346 512733	Fax	01346 512810
Email	fraserburgh@children1st.org.uk		
Website	www.children1st.org.uk		
The service is delivered	<p>The service is delivered throughout Banff & Buchan and Buchan, Aberdeenshire.</p> <p>The service will accept referrals from anyone, but for a professional referral, ideally as part of GIRFEC, IAF process</p>		

Organisation	Aberdeenshire Signposting Project		
Key Areas	Mental health and wellbeing		
Service provided	We work with clients to find tailored solutions to the non-medical issues affecting their quality of life, mood and wellbeing. We help enhance clients' quality of life and promote positive mental health.		
Opening Hours	Mon – Fri 9-4		
Who can refer	Anybody	How to refer	Online through our website, by telephone or by asking at your local GP Surgery
Address	Office 8 30 West High Street Inverurie AB51 3QR		
Telephone	01467 628713		
Email	admin@signpostingproject.org.uk		
Website	www.signpostingproject.org.uk		
The service is delivered	The Project is based in Inverurie and the service is delivered throughout Aberdeenshire		

Service	Alcohol & Drugs Action (previous name: Drugs Action)		
Key Ares	Provides a range of services to drug users, ex users and their families.		
Service provided	<p>The overall aim of Alcohol & Drugs Action is to reduce the harms associated with drug use to the individual, the family and the community. Interventions range from advice and information regarding 'safer' drug use through to intensive work with dependent drug users to support positive changes in their drug use and related areas. A range of services is also available to family members from information and advice through to intensive one to one counselling. In view of Drugs Action's strategic role in making contact with hard to reach groups, confidentiality is of central importance in all aspects of the agency's work.</p> <p>Drugs Action's aims are achieved by providing a range of credible services listed below which meet the diverse needs of drug users and their families.</p> <ul style="list-style-type: none"> • Telephone Helpline Service • Needle Exchange • Family Support Group • Structured 1:1 work • Duty Drop In service • Sex Industry Service • Incite Stimulant Users Project • City Outreach Service • BBV Service • Recovery Support Groups • Training Consultancy. • Leaflets/information sessions • Follow up support/Online support 		
Opening Hours	<p>7 day Duty Drop In Monday – Friday 0930-1300 & 1400-1700, Saturday & Sunday 1300-1400</p> <p>Structured 1:1 support by arrangement</p> <p>Recovery Support Groups (several weekly)</p>		
Who can refer	Self GP Social Work Other Professional Parent/Caregiver	How to refer	In person Postal Email Telephone
Address	Drugs Action 7 Hadden Street Aberdeen AB11 6NU		
Telephone	<p>Helpline: 01224 594700 available Monday - Friday: 11-13.30, 1400-1700, 17.30-1900; Saturday and Sunday 1400 - 1700. Admin: 01224 577120</p>		
Email	info@drugsaction.co.uk		

Website	http://www.drugsaction.co.uk/
The service is delivered	Based in Aberdeen city but a range of options may available in Aberdeenshire Communities (see SPOA section)

Service	Alcohol Support		
Organisation	Alcohol Support Limited		
Key Areas	All aspects of alcohol related concerns		
Service provided	<p>Inverurie: Counselling Service</p> <p>Inverurie: North East Wellbeing (Alternative Therapies)</p> <p>Aberdeen: Designated Place of Safety for Drunk and Incapable</p> <p>Aberdeen: Counselling Service (Shire referrals will be taken)</p> <p>Aberdeen: Recovery Group Work (Referrals, Volunteers and New Ideas always welcome)</p>		
Opening Hours	The office is manned (or womanned) 24 hours per day, seven days per week, 365 days per year. We never close		
Who can refer	Professional or Self referrals welcome	How to refer	Call the Aberdeen office number at any time, or e-mail the info. in box.
Address	76-78 Dee Street, Aberdeen AB11 6DS		
Telephone	01224 595981		
Website	www.alcoholsupport.co.uk e-mail: info@alcoholsupport.co.uk		
The service is delivered	Inverurie counselling service is based at the Treatment Rooms, just off the High Street. NEW project treatments will be delivered at the same address, or alternative venues, depending on the therapy chosen by the client. All other services are delivered from our Dee St. premises		

Service	Alexander Clinic		
Key Ares	Alcohol Drugs		
Service provided	<ul style="list-style-type: none"> ■ Private Independent Hospital treating adult (18+) with primarily Alcohol & Drug Dependency. ■ Service provided by experienced and skilled team of Medical, Nursing & Counselling staff. ■ Range of services include: <ul style="list-style-type: none"> ▪ Detoxification ▪ Rehabilitation ▪ Counselling ▪ Aftercare ▪ Family Programme 		
Opening Hours	24 hour service		
Who can refer	Self GP Via IAS/Fulton Clinic CSMS Social Work Other Professional Parent/Caregiver	How to refer	In person Email Postal Telephone
Address	The Alexander Clinic, King Street, Oldmeldrum, Aberdeenshire AB51 0EQ		
Telephone	01651 872100		
Email	enquiries@alexanderclinic.co.uk		
Websites	http://www.alexanderclinic.co.uk/		
The service is delivered	The service is delivered in Oldmeldrum The Clinic will accept referrals throughout Aberdeenshire		

Service	Benaiah Residential Abstinence Programme		
Organisation	Teen Challenge, North East Scotland		
Key Ares	Alcohol, drugs		
Service provided	<p>Twelve month residential programme for women between 18 - 50 years who are searching for the answers to their life controlling addictions, especially drug and/or alcohol. The structured programme, which is based on Christian principles, is finely balanced between classroom studies and work duties – developing skills such as cooking, gardening, administration, IT, health, fitness, nutrition, beauty, music, arts and parenting skills.</p> <p>All residents receive mentoring, with our goal being to help each individual discover their inner strengths and the necessary life skills to live totally free from life-controlling problems</p>		
Opening Hours	9am -5pm Monday – Friday		
Who can refer	Self GP Social Work Any Professional Parent/Caregiver	How to refer	Email Postal Telephone Web based form
Address	Joyce Allan Teen Challenge Benaiah, Mintlaw, Aberdeenshire AB42 5DL		
Telephone	01771 620100	Fax	01771 622785
Email	benaiiah@tcns.org.uk		
Website	www.tcns.org.uk		
Service delivery	The service is delivered in Mintlaw The service accepts referrals from all Aberdeenshire		

Service	CASA Community Alcohol Service Aberdeenshire		
Organisation	Alcohol & Drugs Action (previous name: Drugs Action)		
Key Ares	Alcohol		
Service provided	<p>CASA is a specialist service for anyone in Aberdeenshire who is concerned about their own or someone else's alcohol use. The aim of the service is to encourage safe levels of alcohol use amongst people, and for those who have developed a dependency, to help people regain control over their Alcohol use and move forward with their lives.</p> <p>CASA provides:</p> <ul style="list-style-type: none"> ■ Advice, information and support via the DA telephone helpline ■ In-depth assessment of the needs of each service user ■ Short term support and advice to people who are drinking above safe limits ■ Longer term support, including counselling, to help people overcome barriers to change, and address 'root causes' as required ■ Support from a CASA Buddy to help people move forward on their recovery journey ■ Joint working and referral to other services when appropriate ■ The service is delivered at times and locations across Aberdeenshire to suit the needs of each service user. 		
Opening Hours	Referrals can be made during office hours, Monday to Friday. However service users can be seen out with office hours if required.		
Who can refer	Self GP Social Work Any professional Parent/Caregiver	How to refer	In person Email Postal Telephone
Address	7 Hadden Street Aberdeen AB11 6NU		
Telephone	Helpline: 01224 594700 available Monday - Friday: 11-13.30, 1400-1700, 17.30-1900; Saturday and Sunday 1400 - 1700. Admin: 01224 577120	Fax	01224 592295
Email	info@casaaberdeenshire.co.uk		
Website	www.drugsaction.co.uk		
The service is delivered	The service is delivered throughout Aberdeenshire The service accepts referrals from all Aberdeenshire		

Service	Community Recovery Service		
Organisation	CAIR Scotland		
Key Areas	Alcohol, drugs, employability, community engagement		
Service provided	<p>The Community Recovery Service aims to support people in recovery from drug and/or alcohol problems to access activities and opportunities in their local community.</p> <p>Workers meet people on a one-to-one basis to find out what support is needed and then identify opportunities that can help build social networks and meaningful use of time.</p> <p>We provide information and support to help deal with drug and alcohol use - coping with cravings, improving sleep, managing anxiety, developing links to build new skills, meet new people, partake in leisure activities, training opportunities and volunteering.</p> <p>Where we work with sufficient numbers of people in one area, we can run activity and peer support groups to bring together people in recovery so that they can support one another.</p>		
Opening Hours	Monday - Fri day 9am - 5pm (out of hours groups and appointments available on request/according to demand of service)		
Who can refer	Self GP Social Work Any professional	How to refer	Email Postal Telephone
Address	Unit 4 Thainstone Business Centre, Inverurie AB51 5TB		
Telephone	01467 624240	Fax	01467 672303
Email	crs@cairscotland.org.uk		
Website	www.cairscotland.org		
The service is delivered	The service is delivered throughout Aberdeenshire The service accepts referrals from all Aberdeenshire		

Service	COMPASS		
Organisation	Alcohol & Drugs Action		
Key Ares	Alcohol, drugs, Under 16's		
Service provided	<p>Aberdeenshire Community Service for Children and Young People affected by parental alcohol and other drug use. Improve the social and emotional well-being of children and young people who are affected by parental/carer alcohol or other drug use.</p> <p>The aim of this service is to improve the social and emotional well-being of children and young people who are affected by a parent's drink or drug use</p> <ul style="list-style-type: none"> • In-depth assessment of the needs of the child/young person affected • Practical support and guidance to help the child/young person deal constructively with their home environment • Support and assistance to ensure their safety and welfare is protected • Age-appropriate advice and information on the effects of alcohol and other drug use on behaviour • A safe place to talk about their own goals and aspirations • Referral to play and relaxation opportunities • Partnership working to fully support the child/young person in achieving their goals 		
Opening Hours	Flexible to needs of clients		
Who can refer	Self GP Social Work Any Professional	How to refer	Postal Telephone Email
Address	7 Hadden Street, Aberdeen AB11 6NU		
Telephone	Helpline: 01224 594700 available Monday - Friday: 11-13.30, 1400-1700, 17.30-1900; Saturday and Sunday 1400 - 1700. Admin: 01224 577120	Fax	01224 592295
Email	info@compassaberdeenshire.co.uk		
Website	www.compassaberdeenshire.co.uk		
The service is delivered	This service is based in Aberdeen but a range of options may be available in Aberdeenshire Communities This service accepts referrals across Aberdeenshire.		

Service	Cornerstone SDS Aberdeenshire		
Organisation	Cornerstone		
Key Areas	Self-Directed Support		
Service provided	Information, advice and support relating to SDS		
Opening Hours	Mon-Fri 9am-5pm		
Who can refer	Care Manager Self	How to refer	Phone Email Walk in
Address	25 High Street, Inverurie, Aberdeenshire, AB51 3QA		
Telephone	01467 530520		
Website	www.cornerstonesds.org.uk		
The service is delivered	Our Advisors can visit you in your own home or wherever suits you. Information can be delivered over a few visits if preferred.		

Service	Foyer REACH (Aberdeen & Aberdeenshire)		
Organisation	Aberdeen Foyer		
Key Areas	Recovery, substance misuse, mental health, physical illness, employability		
Service provided	REACH is a 12/14 week employability course open to any adult who is in recovery from issues that have held them back. This could include substance misuse, mental health issues or physical illness. Participants will take part in community projects, learn personal development skills and look at ways of moving forward into further education, volunteering or paid employment. They will gain their First Aid at Work and REHIS Food Hygiene Certificates, an ASDAN Volunteering Award and City & Guilds Award in Employability Skills. The course is designed to build confidence and motivation while helping participants to re-integrate into the local community and enhance their employability. A 2 week work experience placement is also offered at the end of the course. The course is run in conjunction with NESCOL and participants will be enrolled as students.		
Opening Hours	REACH runs from Monday to Thursday 10am – 3pm. Free breakfast and lunch are provided.		
Who can refer	Any agency. Self-referrals also accepted.	How to refer	Contact Cath Munro cath.munro@aberdeenfoyer.com
Address	Aberdeen Foyer, Marywell Centre, Marywell Street, Aberdeen AB11 6JF		
Telephone	01224 252368 07971730620		
Email	cath.munro@aberdeenfoyer.com		
Website	www.aberdeenfoyer.com		
The service is delivered	Delivered in Aberdeen for people from Aberdeen or Aberdeenshire. Travel costs will be paid.		

Service	Foyer REACH (North Aberdeenshire: Fraserburgh & Banff)		
Organisation	Aberdeen Foyer		
Key Areas	Recovery, substance misuse, mental health, physical illness, employability		
Service provided	<p>REACH is a 14 week employability course open to any adult who is in recovery from issues that have held them back. This could include substance misuse, mental health issues or physical illness. Participants will take part in community projects, learn personal development skills and look at ways of moving forward into further education, volunteering or paid employment. They will gain their First Aid at Work and REHIS Food Hygiene Certificates, an ASDAN Volunteering Award and City & Guilds Award in Employability Skills. The course is designed to build confidence and motivation while helping participants to re-integrate into the local community and enhance their employability. A 2 week work experience placement is also offered at the end of the course. The course is run in conjunction with NESCOL and participants will be enrolled as students.</p>		
Opening Hours	<p>REACH runs from Tuesday – Friday 10am – 3pm. Free breakfast and lunch are provided.</p> <p>REACH drop-in group is open on Mondays 1-3pm for anyone who is interested in finding out more about the course.</p>		
Who can refer	Any agency. Self-referrals also accepted	How to refer	Contact: Rebecca Neil RebeccaN@aberdeenfoyer.com
Address	JIC Building, Albert Street, Fraserburgh AB43 9JL		
Telephone	01346 511017 or 07741 260865		
Email	RebeccaN@aberdeenfoyer.com		
Website	www.aberdeenfoyer.com		
The service is delivered	In Fraserburgh in the JIC building. The course is open to those from Banff, Peterhead and Central Buchan areas. Travel costs will be paid for participants.		

Service	Foyer REACH (Inverurie)		
Organisation	Aberdeen Foyer		
Key Areas	Recovery, substance misuse, mental health, physical illness, employability		
Service provided	REACH is a 14 week employability course open to any adult who is in recovery from issues that have held them back. This could include substance misuse, mental health issues or physical illness. Participants will take part in community projects, learn personal development skills and look at ways of moving forward into further education, volunteering or paid employment. They will gain their First Aid at Work and REHIS Food Hygiene Certificates, an ASDAN Volunteering Award and City & Guilds Award in Employability Skills. The course is designed to build confidence and motivation while helping participants to re-integrate into the local community and enhance their employability. A 2 week work experience/ volunteer placement or training opportunity placement is also looked for at the end of the course. The course is run in conjunction with NESCOL and participants will be enrolled as students.		
Opening Hours	REACH runs from Monday – Thursday 10am – 3pm. Free breakfast and lunch are provided.		
Who can refer	Any agency. Self-referrals also accepted	How to refer	Contact: Claire Farquharson
Address	The Learning Centre Inverurie		
Telephone	07467919784		
Email	claire.farquharson@aberdeenfoyer.com		
Website	www.aberdeenfoyer.com		
The service is delivered	In Inverurie in the Nescol Learning Centre building. The course is open to those from Inverurie, Old Meldrum, Blackburn, Kemnay, Kintore, Huntly, Inch and Garioch areas. Travel costs will be paid for participants.		

Service	INCITE		
Organisation	Alcohol & Drugs Action (Previous name: Drugs Action)		
Key Ares	Cocaine, amphetamines, MDMA, new synthetic drugs with stimulant properties (also known as legal highs)		
Service provided	<p>Incite is a specialist service for psycho-stimulant users in Aberdeenshire aiming to create an informed response to cocaine, amphetamines, MDMA and new synthetic drugs. Incite provides training to other professionals & groups, and 1:1 support to people using these drugs.</p> <p>The service offers:</p> <ul style="list-style-type: none"> • Advice/Information on psycho stimulant drugs and related issues • Training for local service providers and community groups as required • Signposting/referral to appropriate agencies • Short term 1-1 support for people using legal highs/stimulants who are having difficulties 		
Opening Hours	Flexible depending on service need.		
Who can refer	Self GP Social Work Professional	How to refer	Postal Telephone Email
Address	7 Hadden Street Aberdeen AB11 6NU		
Telephone	01224 594700	Fax	01224 592295
Email	info@drugsaction.co.uk		
Website	http://www.drugsaction.co.uk/html/sup.htm		
The service is delivered	Based in Aberdeen City, but a range of options may be available in Aberdeenshire Communities		

Service	Pillar Kincardine		
Key Ares	Mental health, dual diagnosis		
Service provided	<ul style="list-style-type: none"> ■ We use a variety of social settings, practical activities and training opportunities to support, engage with and identify appropriate responses to needs. ■ Service Users may have complex, multiple or dual diagnosis, with mental health difficulties being a key component. ■ The participation of service users at all levels within the organisation is supported, including directorship. ■ The culture of the organisation encourages peer support and acknowledgement of the process of recovery. ■ Monthly schedule of service activities and provision published in advance via website or available via office as hard copy. 		
Opening Hours	Office Hours		
Who can refer	Self - specific criteria GP Social Work Any professional Parent/Caregiver	Who can refer	Self - specific criteria GP Social Work Any professional Parent/Caregiver
Address	42-46 Barclay Street Stonehaven Aberdeenshire AB39 2AX		
Telephone	01569 767222		
Email	info@pillarkincardine.co.uk		
Website	www.pillarkincardine.co.uk		
The service is delivered	The service is delivered in Stonehaven and Inverbervie. The service accepts referrals from Kincardine and Mearns.		

Service	The Shield Project		
Organisation	Salvation Army		
Key Areas	Supporting people who are homeless or potentially homeless with substance misuse related problems and their families.		
Service provided	<p>Delivery of non-clinical preventative advice, counselling, advocacy and support, both to those with substance misuse problems and their families.</p> <p>Provide a non-judgemental service offering: information and advice, assistance with form filling, guidance with budgeting. Support service users to secure accommodation and maintain it. Support to address substance misuse issues by referring service users to appropriate agency and working in partnership to promote recovery.</p> <p>Signposting to other services. Work in partnership with e.g. Housing, Social Work and various agencies to empower service users to address issues in their lives. We provide an advocacy service with support when going through the Court process, Health & Benefit Services and with Children Services.</p> <p>We have a Drop In at Peterhead on Tuesdays from 1- 3 pm at the Salvation Army, Windmill Street, Peterhead and on Wednesdays from 12 – 2 pm at The Salvation Army, Frithside Street, Fraserburgh. Lunch, friendship, support and games are provided. All are welcome.</p>		
Opening Hours	9.00 am to 5.00 pm Monday to Friday. Please leave a Voicemail		
Who can refer	Aberdeenshire Council Housing Officers, Social Work, Substance Misuse and various Agencies.	How to refer	<p>Referral Form to be sent to Shield.</p> <p>People can ask to be referred and complete a request form which will be sent to Housing.</p>
Address	Burnside Business Centre Burnside Road Peterhead AB42 3AW		
Telephone	01779 822045		
Email	shieldproject.aberdeenshire@salvationarmy.org.uk		
Website	www.salvationarmy.org.uk		

The service is delivered	The service is delivered throughout Aberdeenshire The service accepts referrals throughout Aberdeenshire
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Service	Specialised Alcohol Support Service		
Organisation	Enable Scotland		
Key Areas	Alcohol		
Service provided	Specialised Alcohol Support service for people who have serious problems resulting from their use of alcohol. This is a visiting support service for people within their own homes.		
Opening Hours	Service is available at all hours		
Who can refer	Anybody but service is no longer centrally funded so has to be paid for.	How to refer	Contact service manager Iain Terry
Address	Elevator, Thainstone Business Centre, Thainstone, Inverurie, AB51 5TB		
Telephone	07889456477		
Email	iain.terry@enable.org.uk		
The service is delivered	The service can be delivered throughout Aberdeenshire.		

Service	Substance Misuse Service North , Kessock Clinic		
Organisation	NHS Grampian		
Key Ares	Clinical Treatment		
Service provided	Specialist assessment and treatment interventions for drugs and alcohol. Harm minimisation relapse prevention Joint working with other agencies providing an integrated service including care planning and stabilisation service.		
Opening Hours	9am -5pm Monday – Friday		
Who can refer	Self GP Social Work Other Professional	How to refer	Postal Telephone In person drop in (1.30- 4.30 Mon – Thurs)
Address	Kessock Clinic, Kessock Road, Fraserburgh. AB43 8UE		
Telephone	01346 585160	Fax	01346 511710
The service is delivered	Available to all in North Aberdeenshire		

Service	Substance Misuse Service, South and Central		
Organisation	NHS Grampian		
Key Ares	Clinical treatment		
Service provided	Specialist assessment and treatment interventions for drugs and alcohol. Harm minimisation Relapse prevention		
Opening Hours	8.30am – 4.30pm Monday - Friday		
Who can refer	GP Social Work	How to refer	Postal Telephone Fax
Address	Fulton Clinic. Royal Cornhill Hospital Aberdeen AB25 2ZH		
Telephone	01224 557212 01224 557312	Fax	
The service is delivered	Available to all in Central & South Aberdeenshire		

Service	Sunnybrae Residential Programme		
Organisation	Teen Challenge North East Scotland		
Key Ares	Drugs and Alcohol		
Service provided	<p>A 12 month residential programme for men between the ages of 18-45 who are searching for the answers to their life-controlling addictions: particularly drugs and/or alcohol (without mental health issues requiring anti-psychotics).</p> <p>The structured programme, which is based on Christian principles, is finely balanced between classroom studies and work duties – developing skills such as plumbing, joinery, cooking, bricklaying and painting.</p> <p>All residents receive mentoring, with our goal being to help each individual discover their personal strengths and the necessary life skills to live totally free from life-controlling problems.</p>		
Opening Hours	9am -5pm Monday – Friday		
Who can refer	Self GP Social Work Other Professional Parent/Caregiver	How to refer	Post Postal Email Referral forms available from website: www.tcns.org.uk
Address	Gordon Cruden, Martin Duthie Teen Challenge, Sunnybrae, Woodhead, Fyfie Turriff, Aberdeenshire. AB53 8LS		
Telephone	01651 891627		
Email	info@tcns.org.uk		
Website	www.tcns.org.uk		
The service is delivered	This service is delivered in Sunnybrae This service accepts referrals from all Aberdeenshire		

Service	Turning Point Scotland, Aberdeenshire, Housing Support Service		
Organisation	Turning Point Scotland		
Key Areas	Alcohol, drugs, mental health, homeless, residential		
Service provided	<p>Supported housing for single adults who are homeless and who experience problems through the misuse of drugs and alcohol. We can accommodate 10 single adults within four single flats and 3 shared flats. The focus is on enabling service users to sustain their own tenancies in the future.</p> <p>Staff offer a wide range of support in developing life skills, including:-</p> <p>Budgeting, addressing debts, paying bills, claiming benefits, completing forms, cooking, shopping, maintaining their living space, managing medication, attending appointments, forming and sustaining relationships and increasing support networks, developing personal resources, dealing with stressors and conflict, identifying skills and interests, making informed choices, planning for the future, working alongside other agencies such as substance misuse services, health, criminal justice, education, employment, social work and housing.</p>		
Opening Hours	Staffed 24 hours a day		
Who can refer	Housing Officer Aberdeenshire Housing Department	How to refer	By housing department only
Address	63 Moray Road Fraserburgh AB43 9QX		
Telephone	01346 512056	Fax	01346 512343
Email	moiradavidson@turningpointscotland.com		
Website	www.turningpointscotland.com		
The service is delivered	This service is delivered in Fraserburgh This service accepts referrals from all Aberdeenshire		

Service	Turning Point Scotland, North Aberdeenshire Recovery Service		
Organisation	Turning Point Scotland		
Key Ares	Alcohol, drugs, criminal justice, BBV, homelessness		
Service provided	<ul style="list-style-type: none"> ■ Community based substance misuse service supporting adults aged 16+ who wish to address their substance misuse issues. Specific areas of work carried out include Relapse prevention, Anger Management, Alternative Therapies, Stabilisation, Offending Behaviour Drop-in and Service User Forums ■ Referral for substitute prescribing through Kessock Clinic and supportive detoxification ■ Hepatology nurse for advice on Blood borne viruses and testing ■ Drop in sessions for advice, information and brief crisis interventions ■ Custody referral Scheme and opportunity to reduce offending (ORCA). Support to access other agencies such as housing, benefits or Citizen's advice. ■ Programme on overdose prevention and take home Naloxone ■ Dry Blood Spot Testing ■ Keep Well Checks 		
Opening Hours	Monday, Wednesday and Thursday 9am - 5pm Tuesday 9am -7pm. Friday 9am - 4.30pm		
Who can refer	Self GP Social Work Any professional Police	How to refer	In person Postal Telephone
Address	9 St Peter Street Peterhead AB42 1QB Tel:01779 470490	Unit 8A 83 North Castle Street Banff AB45 1JJ Tel: 01261 818771	
Telephone	01779 470490	Fax	01779 470490
Email	jackbonnar@turningpointscotland.com pixiemclean@turningpointscotland.com		
Website	www.turningpointscotland.com		
The service is delivered	This service is delivered in North Aberdeenshire, Banff, Fraserburgh, Peterhead and surrounding areas.		

Support Groups

Mutual aid is the process of giving and receiving non-medical and non-professional help to achieve long-term recovery from addiction. At its most simple level, mutual aid can be described as people with similar experiences helping each other to manage or overcome issues. What it infers is a system where people come together with their peers to build a network of support. Mutual aid group members voluntarily support one another by providing social, emotional, and informational support usually in the form of a programme of helps. People who participate in mutual aid groups typically increase the likelihood of sustaining their recovery as well as improving their physical and emotional health and well-being.

Peer support is very similar and occurs when people provide knowledge, experience, and emotional, social or practical help to each other. Peer support is used to refer to initiatives where members of self-help organisations and others meet as equals to give each other support on a reciprocal basis. A peer in this case is taken to imply that each person has no more expertise as a supporter than the other and the relationship is one of equality. A peer has "been there, done that" and can relate to others who are now in a similar situation.

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Alcoholics Anonymous

Organisation	Alcoholics Anonymous Great Britain		
Service provided	<p>Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.</p> <p>The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions.</p> <p>A.A. is not allied with any sect, denomination, politics, organisation or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.</p>		
Who can refer	Self Professionals are encouraged to inform people about the group	How to refer	In person
Telephone	National Helpline 0845 769 7555		
Website	http://www.alcoholics-anonymous.org.uk/		

Alcoholics Anonymous Meetings in Aberdeenshire

Alcoholics Anonymous Meetings in Aberdeenshire (Updated: February 2016)
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Location	Mon	Tue	Wed	Thu	Fri	Sat	Sun
BANCHORY c/o Social Work Dept. 45 Station Road AB31 5XZ				7.30pm			
ELLON Resource Centre 29 Station Road AB41 9AE					7.30pm		
FRASERBURGH J.I.C. Building Albert Street AB43 9JL				8pm		8pm	
HUNTLY The Linden Community Centre, Castle Park Rd AB54 4SH		7.30pm					
INVERURIE West Church Hall West High Street AB51 3SA	7.30pm			7.30pm			
MINTLAW Parish Church Hall, Old Deer AB42 5JB		8pm					
NEWMACHAR Parish Church School Road AB21 0WB	8pm						
OLDMELDRUM Church Hall Albert Road AB51 0BG				8pm			
PETERHEAD The Hotspot 1-3 Kirk Street AB42 1RT		7pm					
STONEHAVEN Fetteresso Church Bath St AB29 2DH					8pm		
TURRIFF Gateway Community Centre Victoria Terrace AB53 4EE			7pm				

Group name	BRIDGE Recovery Café, Banff		
Key Areas	Drugs, Alcohol, Mental Health		
What is provided	BRIDGE Recovery Café is a peer support group which offers: <ul style="list-style-type: none"> • an opportunity for people to interact with others who are in recovery and to feel less isolated. • a safe place to try out new activities, have fun, and find out about other opportunities in the wider community. • support for anyone recovering from drug or alcohol issues, mental health or related problems • free refreshments/sandwiches • travel costs refunded for those in recovery 		
Meeting Times	The café is open from 4pm - 6.30pm every Friday		
Who can refer	Self Professionals are encouraged to inform people about the group	How to refer	Telephone Email Come along
Address	Community Centre, Bridge Street, Banff, AB45 1HD		
Telephone	01779 477277		
The service is delivered	Delivered in Banff, but open to anyone in recovery from alcohol, drugs or mental health problems		

Service	Connexions, Fraserburgh		
Organisation	Volunteers (Professional)		
Service provided	<p>Open to all members of communities looking for a community based support</p> <p>Caters for those having difficulty with substance misuse</p> <ul style="list-style-type: none"> ■ Games ■ Diversionary Activities ■ Speakers ■ Hobbies and interests ■ Signposting 		
Opening Hours	6.00 pm – 8pm Monday		
Who can refer	Self Professionals are encouraged to inform people about the group	How to refer	In person only
Address	Arkle Training Centre 20 Robertson Road Fraserburgh AB43 9BF		
The service is delivered	Delivered in Fraserburgh but is open to anyone from surrounding area		

Group name	Deveron Family Support Group (Banff)		
Key Ares	Alcohol, Drugs, Family		
What is provided	<p>Self help group for family members, partners and friends of people with substance misuse problems.</p> <p>We provide confidential support in a relaxed non judgemental support in a relaxed group setting.</p> <p>We offer advice, a shoulder to cry on and most importantly hope.</p> <p>We can also see people on a one to one basis if they are nervous about attending a group</p>		
Meeting Times	<p>7.00pm – 9.00 pm Wednesdays, monthly</p> <p>Venue - Harvest Centre in Banff (please telephone for dates etc)</p>		
Who can refer	Self Professionals are encouraged to inform people about the group	How to refer	Telephone Email Postal
Address	Administration only: 23 James Street Macduff Aberdeenshire AB44 1XT		
Telephone	07762411332		
Email	dsgbanff@hotmail.co.uk		
The service is delivered	Delivered in Banff but open to people from any location		

Group name	Fraserburgh Pathways Through Addiction Family Support Group	
Key Areas	Alcohol, Drugs, Family	
What is provided	<p>The family support group offers confidential and non-judgemental support to family members, partners and friends of people with substance misuse problems in a relaxed group environment. Experiences can be shared and information exchanged in a safe and informal setting.</p> <p>Through peer support we give each other emotional support, strength and most importantly hope.</p> <p>We can also see people on a one to one basis if they are nervous about attending a group</p>	
Meeting Times	<p>Monthly meetings every 1st Wednesday of the month, 7-9pm, Fraserburgh Hub.</p> <p>Please contact us via phone or email first.</p>	
Who can refer	Self Professionals are encouraged to inform people about the group	
Address	Fraserburgh Hub	
Telephone	07747 151128 07739 143883	
Email	brochfamilyrecovery@yahoo.co.uk	
The service is delivered	Delivered in Fraserburgh but open to people from any location	

Group name	Garioch Family Support Group		
Key Areas	Drugs, Alcohol, Family		
What is provided	<ul style="list-style-type: none"> ■ The family support group provides confidential support for parents/family members who are concerned about a relative's drug or alcohol dependence. It provides opportunities for families to gain information and share experiences in an informal and safe setting ■ The group is open to anyone living in Aberdeenshire and is facilitated by two workers who help people look at different ways of coping. Discussions tend to focus on issues raised that evening by group members and speakers are invited in once a term. The group is small and friendly and we hope that, by coming along, you will feel better able to cope with this difficult situation ■ For more information on the group, including the venue and dates please contact the community office 		
Meeting Times	<p>The group meets fortnightly on Wednesday evenings 7.30 pm - 9.30 pm</p> <p>The support workers are available from 6.45pm if you would like to speak to them on a one-to-one basis and then decide whether you will stay for the group.</p>		
Who can refer	Self Professionals are encouraged to inform people about the service.	How to refer	In person Email Postal Telephone
Address	Kemnay Community Learning Office Bremner Way Kemnay AB51 5FW		
Telephone	01467 641444 07902 283177	Fax	01467 644280
Email	gariochfsg@yahoo.com naida.sneddon@aberdeenshire.gov.uk		
Website	http://www.aberdeenshire.gov.uk/care/help/living/what_services/drug_alcohol_use/self_help_groups/garioch_family.asp		
The service is delivered	This group is open to anyone living in Aberdeenshire. Accepts referrals from across Aberdeenshire		

Organisation	Grampian Child Bereavement Network		
Key Ares	Raising awareness for bereaved children and young people who have experienced bereavement.		
Service provided	Providing direct support to children and families who have been bereaved. Training and consultancy to professionals and others who are supporting a child or young person		
Opening Hours	Referrals can be made during office hours, Monday to Friday. However service users can be seen out with officer hours if required.		
Who can refer	Self GP Social Work Any professional Parent/Caregiver	How to refer	Email Postal Telephone
Address	C/O MHA, 1 Alford Place Aberdeen AB10 1YD		
Telephone	01224 594099	Fax	
Email	gcbn@mhaberdeen.org.uk coordinator@gcbn.org.uk		
Website	www.gcbn.org.uk		
The service is delivered	The service is delivered throughout Aberdeenshire The service accepts referrals from all Aberdeenshire		

Service	HIV Telephone Support for People Affected by HIV		
Organisation	NHS Fife, Terrence Higgins Trust and Waverley Care		
Key Areas	Conecting people affected by HIV living across Scotland (including friends & family who would like support) through telephone groups		
Service provided	Telephone Support Group		
Opening Hours	Variable, Set groups run for 6 weeks on a weekly basis		
Who can refer	Healthcare professional, third sector organisation, self referral	How to refer	Complete referral form
Address	Whyteman's Brae Hospital Kirkcaldy KY1 2ND		
Telephone	07500064290 / 07860703580		
Email	Louise.yannetta@tht.org.uk Emer.lordan@waverleycare.org Ellen.townend@nhs.net		
The service is delivered	Louise Yannetta (Terrence Higgins Trust) Emer Lordan (Waverley Care) Ellen Townend (NHS FIFE)		

Group name	K4K (Kinship 4 Kids) Fraserburgh		
Key Areas	Kinship Carers		
What is provided	<p>All across Scotland, thousands of people, such as grandparents, aunts, uncles and family friends, care for children because their natural parents are unable to do so or have passed away. If you are looking after a child like this – full time or most of the time – then you are a kinship carer.</p> <p>Kinship 4 kids is a peer support group where kinship carers can discuss issues that affect their lives and get support from other group members. The group also does fundraising activities for the benefits of the children and their families.</p>		
Meeting Times	Meetings every first and third Friday of the month, venue and meeting details given when contact made		
Who can refer	Self Professionals are encouraged to inform people about the group	How to refer	Telephone Email
Address			
Telephone	01346 513834		
Email	k4kids1@gmail.com		
The service is delivered	Delivered in Fraserburgh but open to people from any location		

Group name	LINKS Recovery Café		
Key Areas	Drugs, Alcohol, Mental Health		
What is provided	<p>LINKS Recovery Café is a peer support group which offers:</p> <ul style="list-style-type: none"> • an opportunity for people to interact with others who are in recovery and to feel less isolated. • a safe place to try out new activities, have fun, and find out about other opportunities in the wider community. • support for anyone recovering from drug or alcohol issues, mental health or related problems • free refreshments/sandwiches • travel costs refunded for those in recovery 		
Meeting Times	The café is open from 1.30pm - 3.30pm every second Thursday at Tesco's Community Space, Inverurie		
Who can refer	Self Professionals are encouraged to inform people about the group	How to refer	Telephone Email Come along
Address	Tesco's Community Space, Inverurie		
Telephone	01467 641444 or 07780 954819		
Email	naida.sneddon@aberdeenshire.gov.uk		
Website	www.aberdeenshireadp.org.uk www.facebook.com/centralcommunityforum		
The service is delivered	Delivered in Inverurie, but open to anyone in recovery from alcohol, drugs or mental health problems		

Service	Narcotics Anonymous Arbroath		
Organisation	UK Narcotics Anonymous		
Service provided	<p>NA is a non-profit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean.</p> <ul style="list-style-type: none"> ■ This meeting invites all attendees to share their experience, strength and hope on a voluntary basis ■ "Open to All" 		
Opening Hours	Mondays 7.30pm Meetings open 30 minutes before the start time		
Who can refer	Self Professionals are encouraged to inform people about the group	How to refer	In person
Address	St. Andrew's Church Hamilton Green DD11 1JG		
Telephone	National Helpline 0300 999 1212 East Coast of Scotland NA Helpline: 07071 223 441 Email: pi.ecs@ukna.org		
Website	http://ukna.org/meetings-search online meetings may be available		
The service is delivered	In Arbroath but open to anyone from other areas		

Service	Narcotics Anonymous Fraserburgh		
Organisation	UK Narcotics Anonymous		
Service provided	<p>NA is a non-profit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean.</p> <ul style="list-style-type: none"> ■ This meeting invites all attendees to share their experience, strength and hope on a voluntary basis ■ This meeting is usually closed to non-addicts. However, if a non-addict approaches those present before the meeting starts and asks to be allowed to attend then the group may decide to allow it. ■ This meeting is Child Friendly ■ This meeting is Wheelchair accessible 		
Opening Hours	Wednesdays 7.30pm Meetings open 30 minutes before the start time		
Who can refer	Self Professionals are encouraged to inform people about the group	How to refer	In person
Address	JIC Building Albert Street Fraserburgh AB43 9JL		
Telephone	National Helpline 0300 999 1212 East Coast of Scotland NA Helpline: 07071 223 441 Email: pi.ecs@ukna.org		
Website	http://www.ukna.org online meetings may be available		
The service is delivered	In Fraserburgh but open to anyone from other areas		

Service	Narcotics Anonymous Inverurie		
Organisation	UK Narcotics Anonymous		
Service provided	<p>NA is a non-profit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean.</p> <ul style="list-style-type: none"> ■ This meeting invites all attendees to share their experience, strength and hope on a voluntary basis ■ "Open to All" 		
Opening Hours	Wednesdays 7.30pm Meetings open 30 minutes before the start time		
Who can refer	Self Professionals are encouraged to inform people about the group	How to refer	In person
Address	Acorn Centre West Parish Church West High Street Inverurie AB51 5QS		
Telephone	National Helpline 0300 999 1212 East Coast of Scotland NA Helpline: 07071 223 441 Email: pi.ecs@ukna.org		
Website	http://ukna.org/meetings-search online meetings may be available		
The service is delivered	In Inverurie but open to anyone from other areas		

Service	Narcotics Anonymous Peterhead – Hot Spot		
Organisation	UK Narcotics Anonymous		
Service provided	<p>NA is a non-profit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean.</p> <ul style="list-style-type: none"> ■ This meeting invites all attendees to share their experience, strength and hope on a voluntary basis ■ This meeting is Child Friendly ■ “Open to All” ■ Chit 		
Opening Hours	1 st Thursday of Month at 7pm Meetings open 30 minutes before the start time		
Who can refer	Self Professionals are encouraged to inform people about the group	How to refer	In person
Address	PETERHEAD The Hot Spot Café 1-3 Kirk Street AB42 1RT		
Telephone	National Helpline 0300 999 1212 East Coast of Scotland NA Helpline: 07071 223 441 Email: pi.ecs@ukna.org		
Website	http://ukna.org online meetings may be available		
The service is delivered	In Peterhead but open to anyone from other areas		

Service	Narcotics Anonymous Peterhead – Nexus Centre		
Organisation	UK Narcotics Anonymous		
Service provided	<p>NA is a non-profit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean.</p> <ul style="list-style-type: none"> ■ This meeting invites all attendees to share their experience, strength and hope on a voluntary basis ■ This meeting is Child Friendly ■ "Open to All" ■ Wheelchair Accessible 		
Opening Hours	Monday 7.30pm Meetings open 30 minutes before the start time		
Who can refer	Self Professionals are encouraged to inform people about the group	How to refer	In person
Address	Nexus Centre 53 King Street Peterhead AB42 1TA		
Telephone	National Helpline 0300 999 1212 East Coast of Scotland NA Helpline: 07071 223 441 Email: pi.ecs@ukna.org		
Website	http://ukna.org online meetings may be available		
The service is delivered	In Peterhead but open to anyone from other areas		

Group name	'Recovery matters / Food platters' Recovery Café run by Huntly Users in Recovery Team		
Key Areas	Drugs, Alcohol, Mental Health		
What is provided	<p>'Recovery Matters/Food Platters' Recovery Café is a peer support group which offers:</p> <ul style="list-style-type: none"> • an opportunity for people to interact with others who are in recovery and to feel less isolated. • cookery demonstration and tips for easy low-cost meals • a safe place to try out new activities, have fun, and find out about other opportunities in the wider community. • support for anyone recovering from drug or alcohol issues, mental health or related problems • free soup and sandwiches • travel costs refunded for those in recovery 		
Meeting Times	The café is open from 1.00 - 3.00 every Friday (except the first of each month) in the Community Kitchen, Linden Centre, Huntly		
Who can refer	Self Professionals are encouraged to inform people about the group	How to refer	Telephone Email Come along
Address	The café is open from 1.00 - 3.00 every Friday (except the first of each month) in the Community Kitchen, Linden Centre, Huntly		
Telephone	01464 861057 or 01467 641444 / 07780 954819		
Email	For more information contact: Naida Sneddon, Senior ADP Community Engagement Officer on: naida.sneddon@aberdeenshire.gov.uk		
	www.aberdeenshireadp.org.uk www.facebook.com/centralcommunityforum		
The service is delivered	Recovery Café is open to anyone in recovery from alcohol, drugs or mental health problems		

Service	Scottish Families Affected by Alcohol and Drugs		
Key Areas	Drugs, Alcohol, Support to family members and significant others		
Service provided	<p>Support to individuals affected by someone else's drug or alcohol use through provision of information, advice and signposting to relevant services and peer support contacts in the local area</p> <p>Information, support and assistance to existing family support groups in the region and to those who want to start a new support group in their area</p> <p>Scottish free confidential out of hours helpline 08080 101011</p> <p>Advocacy support to family members to negotiate family inclusion in the treatment and recovery process of their loved one</p>		
Opening Hours	<p>General office hours Mon – Fri 9am to 5pm</p> <p>However service hours are flexible according to the needs of individuals and support groups</p>		
Who can refer	<p>Self</p> <p>GP</p> <p>Social Work</p> <p>Health professionals</p> <p>Other professional</p> <p>Friends and family</p>	How to refer	<p>The Grampian Development Officer is based at various locations in Grampian and can be contacted by email or telephone</p>
Address	Scottish Families Central Office: 226 St Vincent Street, Glasgow, G2 5RQ		
Telephone	0141 221 0544		
Email	christine@sfad.org.uk		
Websites	www.sfad.org.uk		
The service is delivered	This service is delivered throughout Grampian		

Service	Scottish Families Bereavement Service		
Organisation	Scottish Families Affected by Alcohol and Drugs		
Key Areas	Supporting family members effected by drug related deaths		
Service provided	Guidance and information Counselling sessions Telephone support Peer support		
Opening Hours	Monday-Friday 9-5pm (to make referral)		
Who can refer	Anyone who is effected by a drug related death	How to refer	Call helpline on 08080 10 10 11
Address	Stirling House,226 St Vincent Street, Glasgow,G2 5RQ		
Telephone	0141 221 0544		
Website	www.sfad.org.uk		
Email	Karin@sfad.org.uk		
The service is delivered	Service delivered throughout Scotland		

Service	Scottish Families Affected by Alcohol and Drugs Telehealth Support Service		
Key Areas	Drugs, Alcohol, Support to family members and significant others in rural or remote locations throughout Scotland		
Service provided	<p>Advice and support via telephone or skype to family members and individuals who are affected emotionally, financially, socially and possibly physically by someone else's alcohol and drug misuse (All family members to be 18 or over)</p> <p>The service will be further developed to include virtual family support via SFAD website and utilise internet based communications.</p>		
Opening Hours			
Who can refer	Self GP Social Work Health professionals Other professional Friends and family	How to refer	All referrals can be made through email: helpline@sfad.org.uk or helpline: 08080 10 10 11 Webchat online
Address	Scottish Families Central Office, 226 St Vincent Street, Glasgow G2 5RQ		
Telephone	Helpline: 08080 10 10 11 Open 9am – 11pm (Mon-Fri) and 5-11pm at the weekends		
Email	helpline@sfad.org.uk		
Websites	www.sfad.org.uk		
The service is delivered	This service is delivered throughout Scotland, it is aimed at family members in rural or remote locations. The SG defines the following council areas as rural (population density is below one person per hectare): Aberdeenshire, Angus, Argyll & Bute, Dumfries & Galloway, East Ayrshire, Highland, Moray, Orkney Islands, Perth & Kinross, Scottish Borders, Shetland Islands, South Ayrshire, Stirling, Western Isles		

Service	Smart Recovery UK Banff		
Organisation	Smart Recovery UK		
Service provided	<ul style="list-style-type: none"> ■ Mutual Aid/Peer Support ■ Self Management and Recovery Training ■ Delivered by a volunteer Facilitator – Peer 		
Opening Hours	Monday 10am – 11.30am		
Who can refer	Self Professionals are encouraged to inform people about the group	How to refer	In person Telephone
Address	Turning Point Office		
Telephone	01779 470490 (Turning Point Scotland Peterhead)		
Website	www.smartrecoveryuk.org.uk		
The service is delivered	Delivered in Banff but is open to anyone from any location		

Service	Smart Recovery UK Fraserburgh		
Organisation	Smart Recovery UK		
Service provided	<ul style="list-style-type: none"> ■ Mutual Aid/Peer Support ■ Self Management and Recovery Training ■ Delivered by a volunteer Facilitator – Peer 		
Opening Hours	2pm-3.30pm Tuesday		
Who can refer	Self Professionals are encouraged to inform people about the group	How to refer	In person Telephone
Address	United Reformed Church Hall, Mid Street, Fraserburgh AB43 9AJ		
Telephone	01779 470490 (Turning Point Scotland Peterhead) Mob: 07563 545979		
Website	www.smartrecoveryuk.org.uk		
The service is delivered	Delivered in Fraserburgh but is open to anyone from any location		

Service	Smart Recovery UK Inverurie		
Organisation	A partnership between Smart Recovery UK and CAIR Scotland		
Service provided	<ul style="list-style-type: none"> ■ Mutual Aid/Peer Support ■ Self Management and Recovery Training ■ Delivered by a volunteer Facilitator – Peer 		
Opening Hours	2.30pm – 4pm Wednesday		
Who can refer	Self Professionals are encouraged to inform people about the group	How to refer	In person Telephone
Address	Garioch Community Centre Chelsea Road, Inverurie, AB51 3PL		
Telephone	01467 624240 / 07709 483283		
Website	www.smartrecoveryuk.org.uk		
The service is delivered	Delivered in Inverurie but is open to anyone from any location		

Service	Smart Recovery UK Peterhead		
Organisation	Smart Recovery UK		
Service provided	<ul style="list-style-type: none"> ■ Mutual Aid/Peer ■ Self Management and Recovery Training ■ Delivered by a volunteer Facilitator – Peer Support <p>SMART Recovery is a science based and peer led addiction support group to help individuals seeking abstinence from addictive behaviors to gain independence, achieve recovery and lead meaningful and satisfying lives</p>		
Opening Hours	Thursday 1pm-3.30pm		
Who can refer	Self Professionals are encouraged to inform people about the group	How to refer	In person Telephone
Address	Peterhead Community Centre, Community Room 3, Balmoor Terrace, AB42 1EP		
Tel / Email	07501549409 / donalddmcphee@live.co.uk		
Website	www.smartrecoveryuk.org.uk		
The service is delivered	Delivered in Peterhead but is open to anyone from any location		

Service	Smart Recovery UK Stonehaven		
Organisation	Smart Recovery UK		
Service provided	<ul style="list-style-type: none"> ■ Mutual Aid/Peer Support ■ Self Management and Recovery Training ■ Delivered by a Volunteer Facilitator – Peer 		
Opening Hours	7 – 8.30pm Wednesday		
Who can refer	Self Professionals are encouraged to inform people about the group.	How to refer	In person Telephone
Address	Stonehaven Community Centre (The Bothy), Bath Street, Stonehaven AB39 2DH		
Telephone	07525071523		
Website	www.smartrecovery.org.uk		
The service is delivered	Delivered in Stonehaven but is open to anyone from any location.		

Group name	TACT (Talking Across Colours Together) Support Group		
Key Areas	Bereavement related to Alcohol and Drugs, Family		
What is provided	<p>The support group offers comforting, confidential and non-judgemental support and advice following the death of a loved one due to misuse of drugs or alcohol.</p> <p>Through peer support we give each other emotional support and strength.</p> <p>We can also meet with people individually.</p>		
Meeting Times	The group meets monthly in Aberdeen. Venue and meeting details are given when contact is made.		
Who can refer	Self Professionals are encouraged to inform people about the group	How to refer	Telephone
Address			
Telephone	07570 874533		
Email			
The service is delivered	Meetings are in Aberdeen but the group is open to people from any location		

Group name	The Heart of Kinship Peterhead		
Key Areas	Kinship Carers		
What is provided	<p>If you are a grandparent, aunt, uncle, other relative or a family friend who cares for a child because the parent(s) are unable to do so or have passed away, then you are a kinship carer.</p> <p>The Heart of Kinship is a peer support group for kinship carers. The group offers a safe environment to exchange experiences, discuss issues that affect daily life and get support from other group members. The group also does fundraising activities.</p>		
Meeting Times	Meetings weekly on a Tuesday, venue and meeting details given when contact made		
Who can refer	Self Professionals are encouraged to inform people about the group	How to refer	Telephone Email
Address			
Telephone	07708 666001		
Email	phdkinshipcarers@hotmail.co.uk		
The service is delivered	Delivered in Peterhead but open to people from any location		

Aberdeenshire Needle Exchanges

- Buchanhaven Pharmacy 56
- Charles Michie Chemist Stonehaven 56
- Davidsons Chemist Banchory 57
- Duke Street Pharmacy Huntly 57
- Kemnay Pharmacy 58
- Kessock Clinic Fraserburgh 58
- Strachan Pharmacy Turriff 59
- Turning Point Scotland Banff 59
- Turning Point Scotland Peterhead 60
- Will Chemists Inverurie 60

Organisation	Buchanhaven Pharmacy		
Service provided	Needle exchange		
What is provided	<ul style="list-style-type: none"> ■ Free needles and syringes supplied ■ Safe disposal of needles and syringes 		
Opening Times	Pharmacies are open daily from Mon to Fri. Some are open on Sat. However needle exchange services may run specific hours, so it is best to check with the individual pharmacy for needle exchange times.		
Who can refer	Self	How to refer	In person
Address	23 Skelton Street, Peterhead, AB42 1HR		
Telephone	01779 473525		

Organisation	Charles Michie Chemist Stonehaven		
Service provided	Needle exchange		
What is provided	<ul style="list-style-type: none"> ■ Free needles and syringes supplied ■ Safe disposal of needles and syringes 		
Opening Times	Pharmacies are open daily from Mon to Fri. Some are open on Sat. However needle exchange services may run specific hours, so it is best to check with the individual pharmacy for needle exchange times.		
Who can refer	Self	How to refer	In person
Address	24 Market Square, Stonehaven, AB39 2BE		
Telephone	01569 762298		

Organisation	Davidsons Chemists – Banchory		
Service provided	Needle exchange		
What is provided	<ul style="list-style-type: none"> ■ Free needles and syringes supplied ■ Safe disposal of needles and syringes 		
Opening Times	Pharmacies are open daily from Mon to Fri. Some are open on Sat. However needle exchange services may run specific hours, so it is best to check with the individual pharmacy for needle exchange times.		
Who can refer	Self	How to refer	In person
Address	61 High Street, Banchory, AB31 5TJ		
Telephone	01330 822542		

Organisation	Duke Street Pharmacy – Huntly		
Service provided	Needle exchange		
What is provided	<ul style="list-style-type: none"> ■ Free needles and syringes supplied ■ Safe disposal of needles and syringes 		
Opening Times	Pharmacies are open daily from Mon to Fri. Some are open on Sat. However needle exchange services may run specific hours, so it is best to check with the individual pharmacy for needle exchange times.		
Who can refer	Self	How to refer	In person
Address	26 Duke Street, Huntly, AB54 8DL		
Telephone	01466 792141		

Organisation	Kemnay Pharmacy		
Service provided	Needle exchange		
What is provided	<ul style="list-style-type: none"> ■ Free needles and syringes supplied. *Safe disposal of needles and syringes 		
Opening Times	Pharmacies are open daily from Mon to Fri. Some are open on Sat. However needle exchange services may run specific hours, so it is best to check with the individual pharmacy for needle exchange times.		
Who can refer	Self	How to refer	In person
Address	17 High Street, Kemnay, AB51 5NB		
Telephone	01467 642205		

Organisation	Kessock Clinic Fraserburgh		
Service provided	Needle exchange		
What is provided	<ul style="list-style-type: none"> ■ Free needles and syringes supplied. ■ Safe disposal of needles and syringes ■ One-to-one counselling/support/advice/information for drug users, relatives and friends ■ Confidential testing for HIV, hepatitis B and C. 		
Opening Times	Mon 10.30am – 12.30pm and 1.30pm – 4.30pm Tues 1.30 – 4.30pm Wed. 1.30pm – 4.30pm Thurs 1.30pm – 4.30pm Friday 1.30pm – 4pm Fri 1.30pm - 4.00pm Saturday – closed Sunday - closed		
Who can refer	Self	How to refer	In person
Address	Kessock Clinic, Kessock Road, Fraserburgh, AB43 8UE		
Telephone	01346 585160		

Organisation	Strachan Pharmacy – Turriff		
Service provided	Needle exchange		
What is provided	<ul style="list-style-type: none"> ■ Free needles and syringes supplied ■ Safe disposal of needles and syringes 		
Opening Times	Pharmacies are open daily from Mon to Fri. Some are open on Sat. However needle exchange services may run specific hours, so it is best to check with the individual pharmacy for needle exchange times.		
Who can refer	Self	How to refer	In person
Address	29 Main Street, Turriff, AB53 4AB		
Telephone	01888 562403		

Organisation	Turning Point Scotland, Banff		
Service provided	Needle exchange		
What is provided	<ul style="list-style-type: none"> ■ Free needles and syringes supplied ■ Safe disposal of needles and syringes 		
Opening Times	Pharmacies are open daily from Mon to Fri. Some are open on Sat. However needle exchange services may run specific hours, so it is best to check with the individual pharmacy for needle exchange times.		
Who can refer	Self	How to refer	In person
Address	Chalmers Out Patient Dept, Clunie Street, Banff, AB45 1HY		
Telephone	01779 470490		

Organisation	Turning Point Scotland, Peterhead		
Service provided	Needle exchange		
What is provided	<ul style="list-style-type: none"> ■ Free needles and syringes supplied ■ Safe disposal of needles and syringes 		
Opening Times	Pharmacies are open daily Mon, Weds, Thu 9-5. Tues 7 – 9pm Fri 9 – 4		
Who can refer	Self	How to refer	In person
Address	Northern Horizons, Turning point Scotland, 9 St Peter Street, Peterhead, AB42 1QB		
Telephone	01779 470490		

Organisation	Will Chemists -Inverurie		
Service provided	Needle exchange		
What is provided	<ul style="list-style-type: none"> ■ Free needles and syringes supplied ■ Safe disposal of needles and syringes 		
Opening Times	Pharmacies are open daily from Mon to Fri. Some are open on Sat. However needle exchange services may run specific hours, so it is best to check with the individual pharmacy for needle exchange times.		
Who can refer	Self	How to refer	In person
Address	35 West High Street, Inverurie, AB51 3QQ		
Telephone	01467 620475		

Getting Involved

- Aberdeenshire Alcohol Drug Partnership 62
- Aberdeenshire Central Alcohol Drugs BBV Forum 63
- Aberdeenshire North Alcohol Drugs BBV Forum 64
- Aberdeenshire South Alcohol Drugs BBV Forum 65
- ADP Support Team 66

Organisation	Aberdeenshire Alcohol Drug Partnership (ADP)		
Service provided	<p>Part of the Aberdeenshire Community Planning Partnership.</p> <p>The Alcohol Drug Partnership exists to draw together all professionals from the public and private sector with interest in alcohol and other drug issues to create strategic planned responses for Aberdeenshire Communities. They are responsible for keeping abreast of local and national changes and developments in service provision, in undertaking assessments to identify need and gaps in services provision and delivering the on the aims and objectives of an agreed Strategy.</p> <p>A copy of the current strategy can be found on the website.</p> <p>The Alcohol & Drug Partnership are also committed to engaging with service users, family members, carers and wider communities when working towards the aims and objectives of the strategy. Anyone interested in getting involved would be encouraged and invited to do so.</p>		
Meeting Times	There are 4 meetings held across the year. Full details of these can be found on the ADP website.		
Who can refer	Open to nominated professionals members of Aberdeenshire Communities and the media	How to refer	Attendance in person at meetings Correspondence in writing by email or postal
Address	Chair: Philip English		
Telephone	01224 558554		
Email	Aberdeenshire.adp@nhs.net		
Website	www.aberdeenshireadp.org.uk		
The service is delivered	Meetings are held at various locations across Aberdeenshire and open to anyone who lives or works in Aberdeenshire with an interest in issues around alcohol and other drugs		

Service	Aberdeenshire Central Alcohol Drug BBV Forum		
Organisation	Aberdeenshire Alcohol Drug Partnership		
Service provided	<ul style="list-style-type: none"> ■ The forum exists to provide professionals, service users, family members, carers and other members of the community with an interest in alcohol drugs and blood borne viruses to network. ■ The forum reports into the wider strategic partnership and will bring information to the members as well as inform of the partnership of local issues or concerns. ■ The ADP provides the forum with a budget to support smaller community based projects to deliver on the ADP strategy at a local level. ■ Anyone who lives or works in the area with an interest can join the membership. ■ Attendance is not a requirement but it is essential that a broad local knowledge is fed in to the group to perform the desired function in the community. 		
Meeting Times	4-5 meetings throughout year. Check out the website for times, dates, venues and meeting papers.		
Who can refer	No referral required contact the forum Chair, or attend the next meeting.	How to refer	In person Postal Telephone Email
Address	Joint Chairs: Diane Ord and Stuart Bowie CAIR Scotland. Unit 4. Thainstone Business Centre. Inverurie AB51 5TB		
Telephone	01224 624240		
Email	centralabdn.forum@hotmail.com		
Website	www.aberdeenshireadp.org.uk		
The service is delivered	Open to anyone in Central Aberdeenshire		

Service	Aberdeenshire North Alcohol Drug BBV Forum		
Organisation	Aberdeenshire Alcohol Drug Partnership		
Service provided	<ul style="list-style-type: none"> ■ The forum exists to provide professionals, service users, family members, carers and other members of the community with an interest in alcohol drugs and blood borne viruses to network. ■ The forum reports into the wider strategic partnership and will bring information to the members as well as inform of the partnership of local issues or concerns. ■ The ADP provides the forum with a budget to support smaller community based projects to deliver on the ADP strategy at a local level. ■ Anyone who lives or works in the area with an interest can join the membership. ■ Attendance is not a requirement but it is essential that a broad local knowledge is fed in to the group to perform the desired function in the community. 		
Meeting Times	4-5 meetings throughout year. These are held in various locations across North Aberdeenshire- check out the website for times, dates, venues and meeting papers.		
Who can refer	No referral required contact the forum Chair, or attend the next meeting	How to refer	In person Postal Telephone Email
Address	Joint Chairs – Brenda McGinley and Angela Fraser		
Telephone			
Email	adpnorthforum@gmail.com		
Website	www.aberdeenshireadp.org.uk		
The service is delivered	Meetings held in various locations though out the year but open to anyone in North Aberdeenshire		

Service	Aberdeenshire South Alcohol Drug BBV Forum		
Organisation	Aberdeenshire Alcohol Drug Partnership		
Service provided	<ul style="list-style-type: none"> ■ The forum exists to provide professionals, service users, family members, carers and other members of the community with an interest in alcohol drugs and blood borne viruses to network. ■ The forum reports into the wider strategic partnership and will bring information to the members as well as inform of the partnership of local issues or concerns. ■ The ADP provides the forum with a budget to support smaller community based projects to deliver on the ADP strategy at a local level. ■ Anyone who lives or works in the area with an interest can join the membership. ■ Attendance is not a requirement but it is essential that a broad local knowledge is fed in to the group to perform the desired function in the community. 		
Meeting Times	4-5 meetings throughout year. These are held in various locations across South Aberdeenshire- check out the website for times, dates, venues and meeting papers.		
Who can refer	No referral required contact the forum Chair, or attend the next meeting	How to refer	In person Postal Telephone Email
Address	Chair: Jean Henretty		
Email	www.southforum2@yahoo.com		
Website	www.aberdeenshireadp.org.uk		
The service is delivered	Meetings held various locations but open to anyone in South Aberdeenshire		

Organisation	ADP Support Team		
Service provided	<p>The Aberdeenshire Alcohol Drug Partnership has a specialist team of officers who support the partnership in the delivery of the agreed aims and objectives as set out in the 3 year strategy. A copy of the Strategy can be found on the ADP Website.</p> <p>Anyone wishing to get help or advice on how to get involved with the aims and objectives or to find out more about the partnership or how the resources available are distributed can get in touch.</p> <p>The officers can also give advice and guidance and in appropriate circumstances support to new ideas and ventures which may assist in achieving the aims and objectives as set out in the ADP Strategy.</p> <p>The support team do not provided therapeutic support to individuals, families and carers, but will direct contact upon these matters to the appropriate professionals in your local area.</p>		
Meeting Times	Office Hours Monday – Friday 9am -4pm		
Who can refer	Any professional or member of the community.	How to refer	In person Telephone Email Postal Web based
Address	Lead Officer: Wayne Gault Aberdeenshire ADP Summerfield House 2 Eday Road Aberdeen AB15 6RE		
Telephone	01224 558554		
Email	aberdeenshire.adp@nhs.net		
Website	www.aberdeenshireadp.org.uk		
The service is delivered	Across Aberdeenshire		

National Helplines/Websites

Action on Addiction	Provide professional education, treatment, prevention, research and support for families and children	Email	admin@actiononaddiction.org.uk
		Telephone	0300 330 0659
		Website	www.actiononaddiction.org.uk
A.D.A.M. (Another's Drinking Affects Me)	This is a website for young people who are concerned about or may be affected by another person's drinking. A.D.A.M. offers suggestions on how to cope and provides sources of help and support. The website developed in consultation with young people who have experienced harm as a result of someone else's drinking and offers an opportunity to explore IF and HOW you are being affected.	Email	adam@alcohol-focus-scotland.org.uk
		Telephone	0141 572 6700
		Address	Alcohol Focus Scotland 166 Buchanan Street Glasgow G1 2LW
		Website	www.adamresource.org.uk
Al-Anon	Family Groups that hold regular meetings where members share their own experience of living with alcoholism	Email	enquiries@al-anon.org.uk
		Telephone	0141-339-8884
		Website	www.al-anon.org.uk

Al-Ateen	Alateen is part of the Al-Anon Family Groups; Al-Anon meetings are for anyone affected by someone else's drinking. If there's no Alateen meeting available to you, you are always welcome to attend an Al-Anon meeting.	Email	enquiries@al-anon.org.uk
		Telephone	0141-339-8884
		Website	www.al-anon.alateen.org
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Alcohol Concern	Campaigning for effective alcohol policy and improved services for people whose lives are affected by alcohol-related problems.	Telephone	0207 566 9800
		Website	www.alcoholconcern.org.uk
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Alcohol Focus Scotland	Scotland's national charity working to reduce the harm caused by alcohol.	Telephone	0141 572 6700
		Website	www.alcohol-focus-scotland.org.uk
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Alcoholics Anonymous	Groups that hold regular meetings where members share their own experience of living with alcoholism	Email	help@alcoholics-anonymous.org.uk
		Telephone	0845 769 7555
		Website	www.alcoholics-anonymous.org.uk
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Breathing Space	Breathing Space is a free, confidential phone and web based service for people in Scotland experiencing low mood, depression or anxiety.	Email	info@breathingspacescotland.co.uk
		Telephone	0800 83 85 87
		Website	www.breathingspace.scot
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Child Line	Private and confidential service for children and young people up to the age of nineteen.	Helpline	0800 11 11
		Website	www.childline.org.uk
Counselling Directory	Counselling Directory is a confidential service that encourages those in distress to seek help. Online service is 24/7, office hours: 9 – 5	Email	rhiannon@counselling-directory.org.uk
		Telephone	0844 803 0252
		Website	www.counselling-directory.org.uk
Drinkline	Drinkline is a national helpline on alcohol related issues	Email	
		Telephone	0800 7314 314
		Website	www.drinksarter.org
		Address	395 Eastern Avenue Ilford Essex IG2 6LR
Drugline	Drugline is an independent drugs crisis, information and support charity that provides free and confidential information and support for people with drugs and alcohol related issues, their families and friends.	Email	help@drugline.org
		Telephone	08081606606
		Website	www.drugline.org
			395 Eastern Avenue Ilford Essex IG2 6LR
Families Anonymous	Telephone and other support services for families and friends of drug users.	Email	office@famanon.org.uk
		Telephone	0845 120 0660
		Website	www.famanon.org.uk
Family Information Service	Free information and advice on all services for	Email	afis@aberdeenshire.gov.uk
		Address	Craigearn Business Park

Aberdeenshire Council (AFIS)	children, young people and families in Aberdeenshire to parents, carers and professionals via telephone helpline, in writing or email enquiry service. The Family Information Service website also provides a searchable directory of services where you can access information such as counselling or alcohol and drugs services.		Morrison Way Kintore AB51 0TH
		Telephone	0800 298 3330
		Website	www.aberdeenshire.gov.uk/afis
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Hepatitis Scotland B	Information for those affected and their families	Telephone	
		Website	www.hepatitisscotlandb.org.uk
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Know the Score	Learn about different types of drugs, the risk and the law	Telephone	0800 587 5879
		Website	www.knowthescore.info
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Lee O'Brien Solvent Trust (LOST)	The only Scottish charity dedicated to Volatile Substance Abuse (VSA). LOST are based in Fife, but work across all of Scotland, primarily raising awareness and providing training. LOST aims to prevent the deaths of more young people by offering education and support services to anyone affected by, or worried about	Telephone	01333 424 555
		Address	Unit 3a 6 Union Street Leven Fife KY8 4NJ
		Email	lostofficeleven@tiscali.co.uk
		Website	www.thelost.org.uk

	<p>Volatile Solvent Abuse.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> . Family mediation and support . Sign posting . Referrals to other drug and alcohol agencies . Public talks . Multimedia presentations 		
Money Advice Service (FREE)	Unbiased Money advice you can trust and can make a real difference.	Telephone Email	01224 747714 enquiries@westhillcab.ca sonline.org.uk
Narcotics Anonymous	An opportunity for recovering addicts to meet regularly to help each other stay clean.	Telephone Email Website	020 7251 4007 pl@ukna.org www.ukna.org
National Association for Children of Alcoholics (NACOA)	Offer information, advice and support for children of alcohol dependent parents.	Telephone Email Website	0800 358 3456 helpline@nacoa.org.uk www.nacoa.org.uk
NHS 24	Online and telephone based health service	Telephone Website	111 www.nhs24.com/111
Re-Solv	Information for children, young people and parents about solvent abuse and volatile substance abuse.	Email Telephone Website	scotland@re-solv.org 07505 000 024 www.re-solv.org
Salvation	Drop in centres	Telephone	02073674500

Army	offering support and help for people in need.	Website	l.salvationarmy.org.uk
Samaritans	24 hours service to provide confidential emotional support for people who are experiencing feelings of distress or despair including those induced by the consumption of alcohol.	Email	jo@samaritans.org
		Telephone	08457 909090
		Text	07725 909090
		Website	www.samaritans.org
SFAD Scottish Families Affected by Alcohol & Drugs	Aim to support families across Scotland who are affected by drug misuse and raise awareness of the issues affecting them	Email	christine@sfad.org.uk
		Telephone	0141 221 0544
		Website	www.sfad.org.uk
		Address	SFAD Central Office 226 St. Vincent Street, Glasgow G2
Scottish Drugs Forum (SDF)	A national policy and information organization which is a resource of expertise on drug use	Email	enquiries@sdf.org.uk
		Telephone	0141 221 1175 0131 221 9300
		Website	www.sdf.org.uk
		Address	91 Mitchell Street, Glasgow G1 3LN 139 Morrison Street, Edinburgh EH3 8AJ
Scottish Recovery Consortium	Provides national direction and coordinates action to promote the recovery of individuals, family and communities from drug problems and addiction in Scotland.	Telephone	0141 226 1662
		Website	www.sdrconsortium.org

SMART Recovery	Peer led organisation which provides free self help groups to anyone struggling with the problems of addictive behaviour.	Website	www.smartrecovery.org.uk www.smartrecovery.org
Social Care Online			
Social Care Online	Produced by Social Care Institute for Excellence (SCIE) and is the UK's largest database of information on all aspects of social care and social work. Provides easy access to a wide range of high quality information, research and hard-to-find resources which have been evaluated by social care information specialists. The database is updated daily and is free to use.	Website	www.scie-socialcareonline.org.uk
Support Line	Confidential, emotional telephone support for men, women children & young adults.	Email	info@supportline.org.uk
		Telephone	01708 765200
		Website	www.supportline.org.uk
Talk to Frank			
Talk to Frank	Friendly confidential drugs advice	Email	frank@talktofrank.com
		Text	82111
		Telephone	0800 77 66 00
		Website	www.talktofrank.com
Wired-In			
Wired-In	Online recovery Community that		

	provides information, tools and support that help people better understand and utilise options they have to overcome problems caused by their own, or a loved one's, substance use.	Email	Michaela@wiredin.org.uk
		Website	www.wiredintorecovery.org
Woman's Aid	Advice and support for women & children affected by domestic abuse; Promoting women's equality and children's rights	Telephone	01224 593381 National Domestic Abuse Helpline: 0800 027 1234 (24-hours a day)
		Website	www.scottishwomansaid.org.uk

