

NATIONAL ORGANISATIONS

Alcohol Focus Scotland

Promoting effective alcohol policies at local, national and international level. Communicating news, information, research findings and briefings. Gathering evidence of the harm caused by alcohol and of the most effective and cost-effective policies. Developing learning opportunities and resources to support best practice.

Contact details:

Telephone: 0141 5726700
Email: enquiries@alcohol-focus-scotland.org.uk
Website: www.alcohol-focus-scotland.org.uk/

Breathing Space

Free, confidential, phone service for anyone in Scotland experiencing low mood, depression or anxiety.

Contact details:

Telephone: 0800 838587
Website: <http://breathingspace.scot/>

Cocaine Anonymous

A fellowship of men and women who share their experience, strength and hope with each other that may solve their common problems and help others to recover from their addiction.

Contact details:

Telephone: 0800 6120225
Online meetings are available
Website: www.cauk.org.uk

CREW

Provides information about psychostimulant drugs (particularly NPS) and the dangers of using them, including harm reduction information so people can make informed choices.

Contact details:

Telephone: 0131 2203404
Email: admin@crew2000.org.uk
Website: www.crew2000.org.uk

Drinkaware

An independent, UK wide charity which aims to reduce alcohol-related harm by helping people make better choices about their drinking by providing impartial, evidence based information, advice and practical resources, raising awareness of alcohol and its harms and by working collaboratively with partners.

Contact details:

Telephone: 020 7766 9900
Fax: 020 7504 8217
Email: contact@drinkaware.co.uk
Website: www.drinkaware.co.uk/

Drinkline

Offers free, confidential, accurate and consistent information and advice to callers who are concerned about their own or someone else's drinking regardless of the caller's age, gender, sexuality, ethnicity or spirituality.

Opening times: Monday to Friday 9am—8pm
Saturday & Sunday 11am—4pm

Contact details:

Telephone: 0300 123 1110
Website: <http://patient.info/support/Drinkline>

Drugwise

Promoting evidence based information on drugs, alcohol and tobacco.

Contact details:

Telephone: 03301 236 600

Website: <http://www.drugwise.org.uk/>

Families Anonymous (Scotland)

Families Anonymous (FA) provides support for relatives and friends affected or concerned about the use of substance misuse or related behavioural problems. The programme is based on 12 steps and traditions.

Opening times: Calls to the Helpline numbers are normally answered daily 1—4pm and 6—9pm.

An online forum is available

Area covered: Scotland

Contact details:

Telephone: Helpline - 0207 498 4680 or 0845 1200 660 (local). Please check your phone tariff – the cost of calls to 0845 numbers can vary

Online forum available

Website: <http://famanon.org.uk/>

Health Scotland

The national agency for improving the health of Scotland's population, covering every aspect of health improvement and spanning a range of health topics. To work across all sectors in Scotland to put this evidence into action and support national and local policy makers to design and evaluate interventions that help build a fairer, healthier Scotland.

Contact details:

Website: <http://www.healthscotland.scot/health-topics>

Hepatitis Scotland

This website raises Scottish awareness of Hepatitis C as a cause of liver disease, the type of activities that can put people at risk of catching the virus and that there is effective treatment available which can cure up to 80% of those chronically infected with Hepatitis C. The website also provides information for health and other professionals who may come into contact with those living with the virus or those who are unaware they are infected.

Contact details:

Website: <http://www.hepatitisscotland.org.uk>

Know The Score

A Scottish Government campaign to tackle drugs in Scotland. The website provides information and advice for the public, parents and professionals and offers a free confidential 24 hour helpline along with free, confidential drugs information and advice.

Opening times: 7 days a week, 8am—11pm

Area covered: Scotland

Contact details:

Telephone: Drugs Helpline on 0800 587 5879.

Website: <http://knowthescore.info>

Narcotics Anonymous

Helpline and regular self help meetings for individuals who have a desire to stop using drugs and who wish to support each other in remaining drug free.

Contact details:

Telephone: Helpline: 10.00am – midnight 0300 999 1212
Email: NAHelpline@ukna.org
Website: <http://ukna.org/>

Naloxone

Naloxone is a pharmaceutical drug which can temporarily reverse the effects of an opiate overdose, providing more time for an ambulance to arrive and treatment to be given. Visit the Naloxone website for more information on Naloxone and the Scottish THN Programme.

Contact details:

Website: <https://naloxone.org.uk/>

NHS Inform

Scotland's National health information service provides accurate and relevant information to help make informed decisions about individual's own health and health of the people they care for.

Contact details:

Telephone: 0800 224488
(Lines open: Mon—Fri, 8am—10pm;
Sat—Sun, 9am—5pm)
Website: <https://www.nhsinform.scot/>

Re-solve

Re-solve is a national UK wide organisation working to prevent deaths and harm associated with volatile substance misuse. It works in partnership with other organisations, to develop training and information resources and provide direct training and support.

Contact details:

Website: <http://re-solv.org/>

Scottish Drugs Forum

Informing, supporting, leading and representing drug agencies and recovery services. Improve the quality, range and effectiveness of service and policy responses to problematic drug use in Scotland. Reduce future and recurring problematic drug use. Promote and sustain recovery from drug problems

Contact details:

Telephone: 0141 2211175
Fax: 0141 2486414
Email: enquiries@sdf.org.uk
Website: www.sdf.org.uk

Scottish Drug Services Directory

An online Directory developed to help people find information on all drug treatment and rehabilitation services in Scotland.

Contact details:

Telephone: 0141 2211175
Fax: 0141 2486414
Email: enquiries@sdf.org.uk
Website: www.scottishdrugservices.com

Scottish Families Affected by Alcohol and Drugs

Support those affected by the substance misuse of a loved one, because families need to recover too. Facilitate a Scotland-wide network of family support groups and run a helpline service.

Opening times: Monday to Friday: 9am—11pm
Saturday and Sunday: 5pm— 11pm

Contact details:

Telephone: 0141 221 0544
Helpline: 08080 10 10 11
Email: info@sfad.org.uk or helpline@sfad.org.uk
Website: www.sfad.org.uk

Scottish Recovery Consortium

The Scottish Recovery Consortium (SRC) is a recovery-orientated charity. We exist to build and promote recovery from addictions in Scotland using means and messages that are consistent with the values and practices of recovery from addictions.

Contact details:

Telephone: 0141 5521355

Website: <http://scottishrecoveryconsortium.org/>

Talk to Frank

Provides a range of services offering person centred support to adults with a range of complex needs. Live chats available 2pm—6pm daily.

Contact details:

Telephone: 0300 123 6600

Email: frank@talktofrank.com

Website: www.talktofrank.com

Turning Point Scotland

Provides a range of services offering person centred support to adults with a range of complex needs.

Contact details:

Telephone: 0141 4278200
Free call 0800 652 3757 (Available 9—5pm
Monday to Friday)
Email: info@turningpointscotland.com
Website: www.turningpointscotland.com/

UK SMART Recovery

Helps individuals seeking abstinence from addictive behaviours to gain independence, achieve recovery and lead meaningful and satisfying lives. Self Management And Recovery Training (SMART) is a science-based programme to help people manage their recovery from any type of addictive behaviour. This includes addictive behaviour with substances such as alcohol, nicotine or drugs; or compulsive behaviours such as gambling, sex, eating, shopping, self-harming and so on.

Contact details:

Website: <http://www.supportline.org.uk/problems/drugs.php>