



Drug and alcohol services in the Scottish Borders

Information given in this leaflet is not meant to take the place of a talk with your doctor or health worker.

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Alcohol only services for adults

Addaction Borders

This confidential service is available to people over 18 years old who have an alcohol problem. Staff will work with clients out in the community and support is offered through one to one sessions or group work.

The service provides:

- Help to set and reach your goals
- Regular one to one support by phone, email or in person
- Help to access other services
- Information and advice to family members who are affected by someone else's alcohol abuse
- Peer support through local groups

How to access this service:

You may contact the service directly or someone else may do this for you with your consent.

Addaction Borders

125 High Street

Galashiels

TD1 1RZ



01896 757843

Email:

bordersdirectaccess@addaction.org.uk

Drug only services for adults

Big River Project (Turning Point Scotland)

This confidential service is available to people over 16 years old who have a drug problem. Staff will work with clients out in the community and support is offered through one to one sessions.

The service provides:

- Advice and information
- Practical and emotional support
- Needle exchange and harm reduction awareness
- Complimentary therapies
- Recovery focussed work with support to move into employment, education or training
- Support for people who are affected by someone else's drug use
- Help to access other services, for example housing and benefits

How to access this service:

You may contact the service directly or someone else may do this for you with your consent.

Big River Project (Turning Point Scotland)

79 High Street
Galashiels
TD1 1RZ



01896 759740

Email:

bigriver_admin@turningpointscotland.com

Website:

www.turningpointscotland.com

Drug and alcohol services for adults

Borders Community Addictions Team (BCAT)

This confidential NHS service is available to people over 16 years old who have a drug and/or alcohol problem.

The service provides:

- Substitute prescribing
- Prescription monitoring
- Harm reduction information and advice
- Community or in-patient detoxification
- Relapse prevention
- Psychological therapies
- Vaccinations for Hepatitis A/B
- Blood spot testing for Hepatitis and HIV
- Health counselling
- Help to access other services for example housing and benefits

How to access this service:

Referrals to this service must be through your GP, Social Work or another drug and/or alcohol service.

Borders Community Addictions Team

The Range
Tweed Road
Galashiels
TD1 3EB



01896 664430

Residential Rehabilitation

Residential Rehabilitation is available in the Scottish Borders and outwith the region.

Referrals must be made through BCAT.

All applications will be assessed and discussed. If agreed, this will be jointly funded through Social Work and Health.

Borders Parents Drug & Alcohol Support service

This service is specially designed to support parents who have drug or alcohol problems and to help them care for their children.

This service is offered throughout the Borders and can involve intensive one to one support as well as group work.

This service provides:

- Specialist one to one support for substance use
- Support in parenting skills
- Support and referral for practical issues
- Family focused support
- Referral to other specialist services
- Joined up approach to working with families

How to access this service:

This service is open to any family with children affected by parental substance use.

You may contact the service directly or someone else may do this on your behalf with your consent.

Borders Parents Drug & Alcohol Support Service

Addaction Borders
125 High Street
Galashiels
TD1 1RZ



01896 757843

Email:

bordersdirectaccess@addaction.org.uk

Drug and alcohol services for young people

face2face Borders

This confidential service is available for young people aged 11 to 18 years old. The service will see young people who are just starting to drink and/or take drugs through to those who have more serious problems.

The service provides:

- Support and advice on drugs, alcohol and volatile substance abuse and also
- Support and advice for parents whose children may be using drugs and/or alcohol

How to access this service:

You may contact the service directly or someone else may do this for you with your consent.

face2face Borders

42 High Street

Galashiels

TD1 1SE



01896 668811

Email: admin@face2faceborders.com

Website: www.face2faceborders.com

Young Carers Drug and Alcohol Project

This confidential service is available to people under 18 years old who are affected by their parents' drug or alcohol misuse.

The service provides:


- Issue, activity and outing groups
- Focus groups
- School appointment system at the nine Borders secondary schools
- One to one and telephone support

How to access this service:

You may contact the service directly or someone else may do this on your behalf with your consent.

Young Carers Drug and Alcohol Project

The Princess Royal Trust
Brewerybrig, Low Buckholmside
Galashiels
TD1 1RT

 01896 752431

Family support

Quest Family Support Group

This confidential support group is available to people over 16 years old who are affected by a family member's drug or alcohol misuse.


The support group can provide:

- Information on drug and alcohol misuse
- Ways to help you cope
- Complimentary therapies
- One to one support

The group meets every second Thursday between 1.00pm and 3.00pm. (phone for details of the next meeting).

Quest Support Group

125 High Street
Galashiels
TD1 1RZ

 07982 813927
Or 01896 825566

Email: quest.borders@fsmail.net

Al-Anon Family Groups

This confidential support group is available to family and friends who are affected by a family member or friend's alcohol misuse. The purpose of this service is to provide those affected with understanding, strength and support.

How to access a group:

You may just turn up at any of the regular meetings detailed below. If you wish to speak to someone prior to the meeting please call **020 7403 0888**

St Mary and St David's Church Hall
15 Buccleuch Street
Hawick, TD9 0HH
Sunday 8.00pm

Our Lady and St Joseph Church Hall
High Street
Selkirk, TD7 4JX
Thursday 8.00pm

Other support

Alcoholics Anonymous

This confidential support group is available to people who have an alcohol problem. The primary purpose of the service is to get and keep members sober through the sharing of experiences, hope and strength with other group members.

How to access a group:

You may just turn up at any of the regular meetings detailed below or contact the **Alcoholics Anonymous National Helpline 0845 7697555**

Parish Church Hall
High Street
Selkirk, TD7 4JX
Wednesday 7.30pm

Trinity Church Hall
High Street

Galashiels, TD1

Monday 8.00pm and Friday 12.30pm

St Mary and St David's Church Hall
Buccleuch Street

Hawick, TD9 OHH

Wednesday 12.30pm, Friday 8.00pm
and Sunday 8.00pm

High Cross Church Hall
High Cross Avenue

Melrose, TD6 9SQ

Saturday 8.00pm

Firholm Day Centre
Innerleithen Road

Peebles, EH45 8BD

Tuesday 8.00pm and Sunday 8.00pm

Other support services

Progress2work

This service is available to people over 16 years old who are recovering from a drug related problem and looking for help to return to work.

The service provides:

- Help and advice with debt problems
- Support with housing issues
- Support getting into training or employment

How to access the service:

You may contact the service directly or someone else may do this for you with your consent.


Progress2work

17 Market Street

Galashiels

TD1 3AD

 01896 755711

 01896 668587

Email: p2wlb@apexscotland.org.uk

Website: www.apexscotland.org.uk

Needle Exchange Services

There are six community pharmacy needle exchange services in the Borders where you can exchange your used injecting equipment for new equipment.

These services are on the following sites:


- Hawick Health Centre
- Eyemouth Pharmacy
- Lloyds Pharmacy in Kelso
- Lloyds Pharmacy in Peebles
- Lloyds Pharmacy in Galashiels
- Dawsons Pharmacy in Jedburgh

The **Big River Project (Turning Point Scotland)** also offers Needle Exchange Monday to Friday in Galashiels with late opening on Thursday from 5.00pm to 8.00pm.

Further information is available from:

Big River Project (Turning Point Scotland)

79 High Street
Galashiels
TD1 1RZ

 01896 759740

Email:

bigriver_admin@turningpointscotland.com

Website:

www.turningpointscotland.com

Other useful contacts


For information and advice on drugs contact:

Know The Score

 0800 5875879

Website: www.knowthescore.info

Cocaine Anonymous

 0141 9596363

Website: www.cascotland.org.uk

Scottish Network for Families Affected by Drugs (SNFAD)

 08080 101011

Website: www.snfad.org.uk

Scottish Drug Services

Website:

www.scottishdrugservices.com

For information and advice on alcohol contact:

Drinkline

 0800 7314314

Website:

www.infoscotland.com/alcohol

If you are feeling low or depressed for help and advice contact:

Breathing Space

 0800 838587

Website:

www.breathingspace.scotland.co.uk

For help and advice on giving up smoking contact:

NHS Borders Quit4Good

 08448118180

Email:

smoking.cessation@borders.scot.nhs.uk

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For a copy of this information in:

- large print
- another language
- audiotape
- braille
- BSL DVD

01896 828282 Ext 5502

equality@borders.scot.nhs.uk

**The Scottish Borders Alcohol & Drug
Partnership Support Team**

NHS Borders

Newstead

TD6 9DA



01896 825566

www.bordersdaat.scot.nhs.uk

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