



## Your recovery matters

We will work with you to identify issues that are connected to your drug and alcohol use.

We will help you find ways to make changes that are right for you.

**addaction Scotland Borders**

[www.addaction.org.uk](http://www.addaction.org.uk)

### How to contact us

Contact us directly by telephone, fax, post, e-mail or by dropping in at our Galashiels office.

With your consent other agencies and professionals may refer you to us.

External agencies can ask about our referral process.

Contact us:

**Addaction Borders**  
125 High St  
Galashiels  
TD1 1RZ

Tel: **01896 757843**  
Fax: 01896 751853

Freephone:  
**0800 028 6664**

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## Help, Support and Information

A free and confidential service, for all those affected by drugs and alcohol.





# We offer a **free, confidential and non-judgemental service**. Please phone for an appointment or drop in to our Galashiels office.

## About Addaction

**Addaction Borders** provide services for anyone over 16 concerned about their own or someone else's drug or alcohol use. Our work is individually tailored to meet your needs. We will help you set your own goals and work towards them.

Addaction is one of the UK's largest treatment charities, supporting around 26,000 people with drug and alcohol problems. We also work closely with the Borders Addiction Service (BAS) who are the NHS Borders treatment team for drug and alcohol use.

For more information visit [www.addaction.org.uk](http://www.addaction.org.uk)



## How to use the service

Please phone for an appointment or drop in to our Galashiels office.

## What we do

Our aim is to transform the lives of people affected by drug and alcohol problems. We know that there is no easy solution but we also know that recovery is always possible.

We offer arrange of treatment and support services, providing help in a friendly, non judgemental way. We also offer support to families and concerned others if this is asked for.

The service will respond quickly to any referral and can also signpost people to other services as required, such as BAS.



## What we offer

### Alcohol and Drug Treatment Service

- Recovery planning and support.
- Advice and information to help individuals cut down or stop.
- Alcohol brief interventions.
- Sexual Health advice and free condoms.
- Free access to injecting equipment, including steroid users.
- Free naloxone training - this can save a life in the event of an opiate overdose.
- General health checks and wound care.
- Hepatitis and HIV advice and access to treatment.
- Dried Blood Spot Testing for Blood Borne Viruses. Crisis support and intervention.

### Reintegration Service

- Mutual Aid Partnership (MAP) groups
- Employability Worker
- Link to Community Support

# Freephone: 0800 028 6664

