# Drug and Alcohol Support Services in the Scottish Borders

There are three direct drug and alcohol services in the Scottish Borders and an emotional wellbeing service for children and young people.  Details of these services are overleaf.

Please note that We Are With You Borders and NHS Borders Addiction Service share a referral and assessment process.  If appropriate your details may be transferred between service to ensure you get the most appropriate help.

Other support available:

Mutual Aid:
Alcoholics Anonymous 0800 917 7650

Narcotics Anonymous 0300 999 1212

Scottish Families Affected by Drugs & Alcohol:
08080 10 10 11

**We Are With You in Borders**   Telephone: 0800 028 6664 (Freephone)
Support to anyone 16yrs and over concerned about their own drug or alcohol use or someone else's.

- One to one and group support to help you cut down, stop or maintain abstinence
- Employment support
- Injecting Equipment/Blood Borne Virus Tests
- Take Home Naloxone Kits
- Support for adult family members affected.
- Referral and assessment for Residential Rehabilitation

**NHS Borders Addictions Service**     Telephone:  01896 664430
Support to anyone 16yrs and over with drug/alcohol dependency and physical/mental health needs.

- Psychological Therapies
- Substitute prescribing
- Access to in-patient and community detoxification
- Take Home Naloxone Kits
- Referral and assessment for Residential Rehabilitation

**Action for Children / CHIMES Service**   Telephone: 01896 750173

- Support to children and young people (all ages) impacted by a family member's alcohol and/or drug use (parent, grandparent, older sibling etc)
- Concerned Others
- Parents with concerns about their drug/alcohol use including expectant parents.
- Referral and assessment for Residential Rehabilitation

**Quarriers Resilience for Wellbeing Service**    Telephone: 01896 668411

- Support to children and young people to improve their emotional wellbeing, resilience including those involved with risk taking behaviours
- Based in each of the secondary schools across Scottish Borders