

Worried about a loved one's drug or alcohol use?

We're withyou

When someone you love is facing challenges, it's natural to want to be there for them. But it's important to prioritise your own wellbeing too.

WithYou is a charity offering free, confidential support relating to drugs and alcohol. We can provide:

- Advice on how to talk to someone about their drug or alcohol use, including what to say and what reactions to expect
- One-to-one meetings with a specially-trained family support practitioner
- Community Reinforcement and Family Training (CRAFT)
- Support to ensure family members feel involved in their loved one's journey through residential rehabilitation services



To make a free appointment, phone:
0800 028 6664

Or drop into:
125 High Street,
Galashiels, TD1 1RZ

withyou
in the Borders

wearewithyou.org.uk