

# Drug and Alcohol Support Services in the Scottish Borders

## Easy-Read Leaflet

	<p>This leaflet is about drug and alcohol services</p> <p>There are four separate services:</p> <ul style="list-style-type: none"> <li>• WithYou Borders</li> <li>• NHS Borders Addiction Services</li> <li>• Action for Children / CHIMES Service</li> <li>• Borders in Recovery</li> </ul>
	<p>WithYou Borders and NHS Borders Addiction work together and may share information if needed</p> <p>They will look to get you the right help</p>
	<p>If you want to talk to a worker of the same sex you can (where available)</p>
	<p>There is other support available from</p> <p>Mutual Aid: Alcoholics Anonymous 0800 917 7650</p> <p>Narcotics Anonymous 0300 999 1212</p> <p>Scottish Families Affected by Drugs &amp; Alcohol: 08080 10 10 11</p>

**withyou**

## **WithYou Borders (16yrs and over)**

- They can help you with your drug or alcohol use if you're aged 16 or over.
- They can also support other adult family members and friends
- Call free on 0800 028 6664

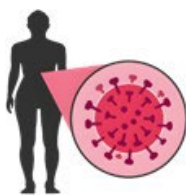


They can provide you with advice and support to help you cut down, stop or stay off drugs or alcohol – whatever feels right for you.



They can see you on your own, or with a friend or family member if that feels more comfortable.

You can also join one of their support groups, where you'll meet other people who are going through similar challenges with drugs or alcohol.



Give you free injecting items and test your blood for viruses



Give you Naloxone kits to take home that can help you if you overdose on opiates



## NHS Borders Addictions Service (16yrs and over)

- They can help you with your drug or alcohol use
- They can also help adult family members and friends who support you

Call them on: 01896 664430



They can offer support with your mental health



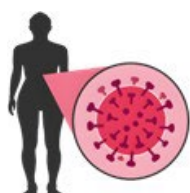
Provide you with a safer supportive medication for opiate or alcohol use.



They can provide you with care in the community or at Huntlyburn ward



Give you Naloxone kits to take home that can help you if you overdose on opiates



Give you free injecting items and test your blood for viruses



They can help you to go to Residential Rehab if this is something you would like to consider



## Action for Children / CHIMES Service

They can support children and young people who are:

- Parents/parents to be - using drugs or alcohol
- Children and young people aged 5-18 concerned about someone in their family using drugs or alcohol
- Children and young people aged 7-18 who may be a carer for someone in their family
- Other family members worried about a family member using drugs or alcohol

They can also support parents who are having difficulties with drugs and alcohol

Call them on: 01896 750173



They can help you to talk about your feelings to help you cope better



They can support you if you are pregnant and taking drugs or alcohol



For children and young people there is access to fun days out, trips and activities including a regular music group, sports days, cinema trips, horse riding and arts and crafts.

Families can also benefit from days out.



## **Borders in Recovery**

They offer a friendly and safe place where you can come if you have struggled with drugs or alcohol, mental health or been in trouble with the Police and in recovery

Call them on: 07536 455898



They offer cafes in different areas in the Borders where you can eat together, make friends and get support for free

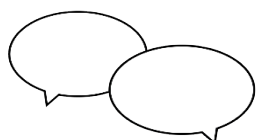
The groups meet Monday–Saturday across the Borders



You can also learn about how to stay healthy and feel better



The community is led by people who have also experienced similar issues



They provide a womens' only recovery meeting if you would feel more comfortable going to that.