


With You



 **0800 028 6664**

Support if you are concerned about your alcohol or drug use or someone you care about

Borders Addiction Service



 **01896 664 430**

Support and treatment for alcohol / drug dependency, including physical and mental health support

CHIMES




 **01896 750 173**

Support for:

- Children and young people impacted by parental substance use
- Parents and expectant parents
- Concerned others

BiR



 **07536 455 898**

Ongoing support after recovery from those who have had similar experiences
'Lived Experience Recovery Community'

Borders Alcohol and Drug Support Services and Recovery Community

For more info call, visit our website or scan the QR code below



www.nhsborders.scot.nhs.uk/badp