

South Ayrshire Adult Alcohol and Drug Recovery Services - Useful contacts

Local services

NHS Ayrshire & Arran Addiction Services – South Ayrshire service **01292 473 250**

NHS Addiction Services provides a variety of specialist treatment and support services in South Ayrshire for those with chaotic or problematic alcohol and drug use. The interventions delivered include supportive detoxification, alcohol and drug relapse management support, assessment and treatment for those individuals with chaotic alcohol and drug use who also have mental health problems, access to prescribing of substitute medication and accompanying support and various harm reduction interventions. The service operates an 'Open' referral system (anyone can refer in) and has a single point of access.

Addaction Ayrshire **01563 558 777** **Community Alcohol Rehabilitation Service and Community Drugs Rehabilitation Service**

This is an Ayrshire-wide service offering assessment and support to develop and implement individual recovery plans and SMART peer support meetings (Self Management and Recovery Training). The service accepts people referring themselves along with referral from other services.

Alcohol Related Brain Damage Service **01292 264499 (South Ayrshire only)**

This service provides community based specialist support and rehabilitation, for those who have either been diagnosed with Alcohol Related Brain Damage (ARBD,) or have cognitive difficulties, where alcohol is the main issue which people present with. Referrals can be made by services in South Ayrshire (Local Authority Services, NHS and Voluntary Sector Organisation).

Ayrshire Council on Alcohol **01292 281 238**

This service provides confidential individual counselling, family/carer support, telephone counselling and access to other appropriate agencies. The service operates an 'open' referral system.

Turning Point (Seastar) **01292 619940 (main office)**

This service is for illicit drug users, who are stable or approaching stability, who want to move on to education, training and employment or who want to get a sense of 'normality' back in their lives. The service is based on a 12 week rolling programme which consists of structured 1-2-1 sessions, a mixture of group work and individual sessions to support service users and carers. The service also provides a structured 12 week recovery group work programme. The service takes referrals from NHS, Local Authority services and other agencies.

The Lighthouse Foundation **01563 521 343 www.lighthouse-foundation.co.uk**

This provides a pan-Ayrshire family support group for families and children affected by addiction.

**Scottish Association for Mental Health (SAMH)
Ayrshire Dual Diagnosis**

01294 312242

SAMH provides a community based supported living recovery service to people who have mental health problems and alcohol or drug misuse problems. They receive referrals from South Ayrshire, Local Authority and the NHS.

Al - Anon

0141 339 8884

Al-Anon family groups provide a support to anyone whose life is, or has been, affected by someone else's drinking.

Narcotics Anonymous

07071 248710

A fellowship of men and women for who drugs have become a major problem. They are recovering addicts who meet regularly to help each other stay clean.

Alcoholics Anonymous

0845 769 7555

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism

Web-sites

Know the Score

0800 587 5879

This website tells you about different types of drugs, the risks associated with them and what's known about their short and long-term effects. You can find out about drugs and the law, what to do in an emergency and where to get help if you need it. www.knowthescore.info

Scottish Drugs Forum: A partnership agency trying to combat the problems of drugs in Scotland. www.sdf.org.uk

Alcohol Focus Scotland: Signposts people, concerned about their own or someone else's drinking, to counselling and treatment services in their area. www.alcohol-focus-scotland.org.uk

Crew 2000: Drugs information support and advice, sexual health information, volunteering, safer nightlife initiatives and capacity building training. www.crew2000.org.uk

Re-Solv: The national charity solely dedicated to the prevention of solvent and volatile substance abuse. www.re-solv.org

