

## LOCAL ALCOHOL & DRUG SPECIALIST SERVICE INFORMATION IN ABERDEEN – JUNE 2016

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<b>Quick direct access &amp; helpline services which are free and confidential</b>	<b>shaded green</b>

<b>NHS Grampian Clinic Direct Telephone Numbers:</b>	
<b>IAS, MacRobin Centre, Cornhill</b>	<b>01224 557845</b>
<b>IDS, Timmermarket</b>	<b>01224 651130</b>
<b>Fulton Clinic, Cornhill</b>	<b>01224 557212</b>

ADULT SERVICES	CONTACT DETAILS	HOW TO REFER	SERVICES OFFERED
<b>Integrated Alcohol Service (IAS), MacRobin Centre</b> Royal Cornhill Hospital, 26 Cornhill Road, Aberdeen. AB25 2ZH	Mon-Fri, 9am-5pm Tel: 01224 557845	By post/SCI Gateway (planned)  GP, CSMS, Social Work, Criminal Justice, Scottish Prison Service, Sexual Health Service	Assessment, treatment, care-planning and support for alcohol-dependent individuals
<b>Integrated Drugs Service (IDS)</b> Fulton Clinic Royal Cornhill Hospital 26 Cornhill Road, Aberdeen, AB25 2ZH	Mon-Fri, 9am – 5pm Tel: 01224 557212	By post/SCI Gateway (planned)  GP, CSMS, Social Work, Criminal Justice, Scottish Prison Service, Sexual Health Service	Ongoing treatment, care-planning and support for drug-dependent individuals. Patients who engage with Fulton are either seen at their GP practice or Fulton Clinic.
<b>Integrated Drugs Service (IDS)</b> Timmermarket 1 East North Street Aberdeen. AB25 1HT	Mon-Fri, 9am-5pm Tel: 01224 651130	By post/SCI Gateway (planned)  GP, CSMS, Social Work, Criminal Justice, Scottish Prison Service, Sexual Health Service	Assessment, treatment, care-planning and support for drug-dependent individuals. IDS - Timmermarket is usually point of first contact for new patients for a 16 week period. Depending on the patient journey they are likely to be either referred back to their GP and/or referred to IDS - Fulton for ongoing care.

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<p><b>Alcohol &amp; Drugs Action (ADA)</b> 7 Hadden Street Aberdeen AB11 6NU</p>	<p>01224 594700 – Telephone helpline open 7 days per week Text: 07927 192706 <a href="mailto:helpline@alcoholanddrugsaction.org.uk">helpline@alcoholanddrugsaction.org.uk</a> <a href="http://www.alcoholanddrugsaction.org.uk">www.alcoholanddrugsaction.org.uk</a></p> <p>Business Support team Mon – Friday, 9am – 5pm 01224 577120</p>	<p>Self referral / phone.  Partner agencies and services</p>	<p>One to one counselling Direct access and Outreach Links to health services for care planning and rehabilitation support, Aftercare and support groups Outreach Service Needle Exchange / HIV &amp; Hepatitis Service Counselling Family Support Sex Industry Service Family Service Aberdeen Recovery Community (ARC) Aberdeen Recovery Community Alcohol (ARCA) <b>SMART Recovery</b></p>
<p><b>Alcohol &amp; Drugs Action (ADA) / Aberdeen Foyer Aberdeen Recovery Community</b></p> <p><b>(ARC Connections)</b> 7 Hadden Street Aberdeen AB11 6NU</p>	<p><b>Alcohol &amp; Drugs Action (ADA) info</b> Mon-Fri 9am-5pm Tel 01224 577120 <a href="mailto:info@alcoholanddrugsaction.org.uk">info@alcoholanddrugsaction.org.uk</a></p> <p><b>Aberdeen Foyer info</b> Mon-Fri 9am-5pm Tel 01224 212924 <a href="mailto:connections@aberdeenfoyer.com">connections@aberdeenfoyer.com</a></p> <p>Drop-in or phone to speak to an ARC worker for information</p>	<p>GP, Substance Misuse Service CPN</p>	<p><b>Recovery planning:</b> One to one support around drug use Structured relapse prevention support Group activities Peer support Health &amp; Wellbeing Information &amp; Signposting Access to ARC Connections Learning opportunities, skills development, work experience, volunteering</p> <p>Employability (job search, job club, job placements)</p>

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<p><b>Aberdeen Foyer Lifeshaper Programme</b></p>	<p>Mon-Fri 9am-5pm Tel 01224 212924 (Reception)</p> <p>Team Leader: Libby Milne Tel 01224 252360 Mob: 07980076468 <a href="mailto:elizabethm@aberdeenfoyer.com">elizabethm@aberdeenfoyer.com</a></p>	<p>Self-referral, Support Worker, GP, Substance Misuse Service CPN</p>	<p>12 week community rehabilitation programme for those with a history of alcohol or drug misuse. First 4 weeks of the 12 week programme involves attending on a part time basis then on week 5 moves onto 4 days per week.</p>
<p><b>Aberdeen ARBD Supported Living Service, Penumbra</b> 20 Back Wynd Aberdeen AB10 1JP</p>	<p>Mon-Fri 9am-5pm Support Manger: Ini Esu 01224 642854 07876704105 <a href="mailto:ini.esu@penumbra.org.uk">ini.esu@penumbra.org.uk</a></p> <p>ARBD Peer Worker: Gary Sellers 01224 642854 07542009007 <a href="mailto:gary.sellers@penumbra.org.uk">gary.sellers@penumbra.org.uk</a></p>	<p>Referrals are submitted to the Housing Support Team within Aberdeen City Council.</p>	<p>We deliver Outreach Housing Support to Individuals with Alcohol-Related Brain Damage (ARBD) who are preparing to move into a tenancy or who require assistance and/or support to maintain their independence within their own home.</p>
<p><b>Mental Health Aberdeen (MHA) Aberdeen Counselling and Information Services (ACIS)</b> 1 Alford Place Aberdeen, AB10 1YD</p>	<p>Mon-Thurs, 9.30am-8.30pm Friday 9.30am – 4.30pm 01224 573892 <a href="http://www.mha.uk.net">www.mha.uk.net</a></p> <p><a href="mailto:acis.office@mhaberdeen.org.uk">acis.office@mhaberdeen.org.uk</a></p>	<p>Self referral only by phone</p>	<p>Support and information/education for people experiencing mental health issues, including dual-diagnosis substance misuse.</p>
<p><b>Salvation Army</b> The Citadel 28 Castle Street Aberdeen, AB11 5BG</p>	<p>Mon – Fri 9am – 3.30pm Support Worker: Ronnie Boyle 01224 579370 <a href="mailto:Ronnie.Boyle@salvationarmy.org.uk">Ronnie.Boyle@salvationarmy.org.uk</a></p>	<p>By phone or email</p> <p>Self, or any other healthcare professional or organisation</p>	<p>Support and information for clients to attend appointment or advice about alcohol and drug issues that are affecting them or others.</p>

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<p><b>The Alexander Clinic</b> King Street Oldmeldrum, Aberdeenshire AB51 0EQ</p>	<p>24hours  Tel 01651 872100 <a href="mailto:enquiries@alexanderclinic.co.uk">enquiries@alexanderclinic.co.uk</a> <a href="http://www.alexanderclinic.co.uk">www.alexanderclinic.co.uk</a></p>	<p>By phone/email/post  GP, via IAS/Fulton Clinic (i.e. indirect), CSMS, Social Work, self. Funding dependent on referral pathway.</p>	<p><b>Private independent hospital</b> treating adult (18+) with primarily alcohol and drug dependency. Range of services including detoxification and rehabilitation. Family Support Programme.</p>
<p><b>Teen Challenge</b> Sunnybrae, Woodhead Fyvie, Turriff, Aberdeenshire AB53 8LS</p>	<p>Mon-Fri, 9am-5pm  Gordon Cruden, Martin Duthie 01651 891627 <a href="mailto:info@tcns.org.uk">info@tcns.org.uk</a></p>	<p>By phone/email/post  Self, GP, others. Referral forms available from website <a href="http://www.tcns.org.uk">www.tcns.org.uk</a></p>	<p>Residential 1-year abstinence programme, young men (aged 18-35) with substance dependency (without mental health issues requiring anti-psychotics). Christian organisation/principles.</p>
<p><b>Teen Challenge</b> Benaiah Mintlaw, Aberdeenshire AB42 5DL</p>	<p>Mon-Fri, 9am-5pm  Joyce Allan 01771 620100 <a href="mailto:benaijah@tcns.org.uk">benaijah@tcns.org.uk</a></p>	<p>By phone/email/post  Self, GP, others. Referral forms available from website <a href="http://www.tcns.org.uk">www.tcns.org.uk</a></p>	<p>Residential 1-year abstinence programme, young women (aged 18-35) with substance dependency (without mental health issues requiring anti-psychotics). Christian organisation/principles.</p>
<p><b>Terrence Higgins Trust (THT)</b> 2a Rose Street Aberdeen, AB10 1UA</p>	<p>Carina Strachan 07789 408209 <a href="mailto:carina.strachan@tht.org.uk">carina.strachan@tht.org.uk</a>  Mon-Fri, 10.30am-6.00pm</p>	<p>By phone  Self, GP</p>	<p>Support services for people living with HIV and/or Hepatitis C.</p>

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YOUNG PEOPLE SERVICES	CONTACT DETAILS	HOW TO REFER	SERVICES OFFERED
<b>Foyer Health, Aberdeen Foyer</b> Marywell Centre 18 Marywell Street Aberdeen, AB11 6JF	Mon-Fri 9am-5pm  01224 212924 <a href="mailto:reception@aberdeenfoyer.com">reception@aberdeenfoyer.com</a>	By email/phone/post  Self, GP (via IAS), CSMS, Social Work, Housing, referral form under revision	Support for young people (aged 16-25) facing homelessness or unemployment and experiencing problems as a result of hazardous or harmful drinking (also mental/sexual health issues).
<b>Foyer Health, Aberdeen Foyer Young Person's Counselling Service</b> Marywell Centre 18 Marwell Street Aberdeen, AB11 6JF	Mon-Fri 9am-5pm  Young Person's Counsellor: Kirsty Hodgson 01224 212924  <a href="mailto:reception@aberdeenfoyer.com">reception@aberdeenfoyer.com</a>	Self referral or other Referral form to be completed	The counsellor can offer a young person (aged 12 – 18 years) a safe and supportive environment to address difficult issues in an atmosphere of respect and empathy based on a secure, trusting and confidential working relationship.
<b>Aberdeen Foyer Foyer Housing</b> Marywell Centre 18 Marwell Street Aberdeen, AB11 6JF	Mon-Fri 9am-5pm  Tel 01224 212924 <a href="mailto:reception@aberdeenfoyer.com">reception@aberdeenfoyer.com</a>	Access only via Homeless Department, Aberdeen City Council  Complete application form can be downloaded from website: <a href="http://www.aberdeenfoyer.com">www.aberdeenfoyer.com</a>	Supported accommodation for young people (16-25) who are homeless or at risk of homelessness. Services available in; Aberdeen, Peterhead, Freaserburgh, Stonehaven, Banchory
<b>Family Information Service</b> Aberdeen City Council Aberdeen	Mon-Fri, 10am-4pm  Helpline 01224 764803 Text Service 0782 5053136 <a href="mailto:fis@aberdeencity.gov.uk">fis@aberdeencity.gov.uk</a>  <a href="http://www.aberdeencity.gov.uk/fis">www.aberdeencity.gov.uk/fis</a>	By phone/text/email  Self, GP, Social Work, Housing	The Family Information Service provides free information and advice on all services for children, young people and families in Aberdeen to parents, carers and professionals via telephone helpline, text and email enquiry service. The Family Information Service website also provides a searchable directory of services, where you can access information such as, counselling and drugs and alcohol services.

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<p><b>Barnardos - Connect</b> 20 Carden Place Aberdeen AB10 1UQ</p>	<p>Mon-Fri, 9am-5pm (flexible)  Tel: 01224 624090 Fax: 01224 624085 Email: <a href="mailto:ConnectAdmin@barnardos.org.uk">ConnectAdmin@barnardos.org.uk</a></p>	<p>By phone/fax/email/post (Referral form to be completed)  Self, GP, other professional, other organisation</p>	<p>Service for any young person (aged 7 – 18 years) involved in or at risk of offending behaviour through substance misuse problems.</p>
<p><b>Mental Health Aberdeen (MHA)</b> ACIS Youth Counselling Service 1 Alford Place, Aberdeen</p>	<p>Mon – Thurs 9.30 am – 8.30pm Friday 9.30am – 4.30pm  01224 573892 <a href="http://www.mha.uk.net">www.mha.uk.net</a> <a href="mailto:acis.office@mhaberdeen.org.uk">acis.office@mhaberdeen.org.uk</a></p>	<p>By phone  Self, GP, other healthcare professionals and organisations</p>	<p>Confidential therapeutic counselling service for young people between the ages of 12 – 18 years.</p>
<p><b>Befriending / Mentoring Service</b> Befriend a Child 9 Bon Accord Square Aberdeen, AB11 6DJ</p>	<p>Mon-Fri 9 – 4.30pm  01224 210060 <a href="mailto:info@befriendachild.org.uk">info@befriendachild.org.uk</a> <a href="http://www.befriendachild.org.uk">www.befriendachild.org.uk</a></p>	<p>By email/post/phone  Referrals accepted from professionals working with the child/young person (GP, school, social work, other third sector organisations).</p>	<p>At Befriend a Child we support children and young people growing up in difficult life circumstances across Aberdeen and Aberdeenshire to achieve their full potential and develop into confident and competent adults by matching them with trained volunteer.</p>

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FAMILY SUPPORT	CONTACT DETAILS	HOW TO REFER	SERVICES OFFERED
<p><b>Scottish Families Affected by Alcohol and Drugs (SFAD)</b></p> <p>Suite 2e Ingram House 227 Ingram Street Glasgow, G11DA</p>	<p>National Helpline and contact number for the Scottish Families Telehealth Service 08080 10 10 11 <a href="http://www.sfad.org.uk">www.sfad.org.uk</a></p> <p>You can email the helpline at: <a href="mailto:helpline@sfad.org.uk">helpline@sfad.org.uk</a></p>	<p>By phone/email</p> <p>Self, GP, other healthcare professionals and organisations</p>	<p>SFAD works with the families and friends of people affected by alcohol, or drugs misuse and raises awareness of the issues affecting them. As well as the Helpline and the Tele-health Service they facilitate a network of family support groups throughout Scotland.</p> <p>Services provided include: Information, advice, signposting and advocacy to individuals affected by a loved one's substance misuse.</p> <p><b>Scottish Families Tele-health Service</b> provides free, confidential advice and support via email, telephone and Skype to family members, aged 18 or over, affected by a loved one's alcohol or drug misuse in remote situations.</p>
<p><b>VSA</b></p> <p>Carers Centre Castlegate Aberdeen AB11 5YU</p>	<p>01224 212021 <a href="mailto:carers.info@vsa.org.uk">carers.info@vsa.org.uk</a> <a href="http://www.vsa.org.uk">www.vsa.org.uk</a></p>	<p>By phone/email</p> <p>Self, GP, other healthcare professionals and organisations</p>	<p>Information for carers includes support for adults and young people in the community and from a number of bases in Aberdeen City.</p>

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<p><b>Alcohol &amp; Drugs Action (ADA)</b> Family Support 7 Hadden Street Aberdeen AB11 6NU</p>	<p>01224 594700 – Telephone helpline open 7 days per week Text: 07927 192706 <a href="mailto:helpline@alcoholanddrugsaction.org.uk">helpline@alcoholanddrugsaction.org.uk</a> <a href="http://www.alcoholanddrugsaction.org.uk">www.alcoholanddrugsaction.org.uk</a></p> <p>Business Support team Mon – Friday, 9am – 5pm 01224 577120</p>	<p>By phone/email</p> <p>Self, GP, other healthcare professionals and organisations</p>	<p>As well as the helpline, groups co-ordinated to provide support for people affected by a level ones substance misuse include:</p> <ul style="list-style-type: none"> <li>• Family support group</li> <li>• Family and friends support group</li> </ul> <p>One to one support and Families First Service run by DA and Aberlour.</p>
<p><b>Al-Anon</b></p>	<p>Confidential Helpline 020 7403 0888 (available 10am – 10pm – 365 days a year) <a href="http://www.al-anonuk.org.uk">www.al-anonuk.org.uk</a></p>	<p>Self referral</p>	<p>Various support groups across Aberdeen. Support to anyone whose life is or has been affected by someone else's drinking. Weekly meetings. Initial contact through AlAnon website or phone number for details of meetings</p>
<p><b>Families Anonymous</b></p>	<p>0845 1200 660 – national helpline <a href="http://www.famanon.org.uk">www.famanon.org.uk</a></p>	<p>Self referral</p>	<p>Members only discussion forum is full of useful information, help and support from people who may be going through similar ordeals.</p>
<p><b>Grandparents as Parents Project (GaPP)</b></p>	<p>Jackie (Mon – Friday 9.00 – 4.30pm) 01224 210060 <a href="http://www.befriendachild.org.uk">www.befriendachild.org.uk</a></p>	<p>By phone/email/post</p> <p>Self-refer / open group for any kinship carer</p>	<p>Self-help group run for grandparents / kinship carers fulfilling a parental role who understand what this full-time, permanent commitment can mean.</p> <p>Under the umbrella care of Befriend a Child.</p>



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<p><b>Kinship Care Service</b> Aberdeen Citizens Advice Bureau 41 Union Street Aberdeen, AB11 5BN</p>	<p>Christine Oji <a href="mailto:Christine.Oji@aberdeencab.casonline.org.uk">Christine.Oji@aberdeencab.casonline.org.uk</a> 01224 569762</p>	<p>By phone  By email  Self referral</p>	<p>An information and advice service is provided through a national network of Citizens Advice Bureaux. The Aberdeen office is open Mondays to Fridays and offers impartial, confidential and independent advice to anyone on subjects such as: kinship care</p>
<p><b>The Alexander Clinic</b> King Street Oldmeldrum, Aberdeenshire AB51 0EQ</p>	<p>Tel 01651 872100 <a href="mailto:enquiries@alexanderclinic.co.uk">enquiries@alexanderclinic.co.uk</a> <a href="http://www.alexanderclinic.co.uk">www.alexanderclinic.co.uk</a></p>	<p>By phone/email/post  GP, via IAS/Fulton Clinic (i.e. indirect), CSMS, Social Work, self. Funding dependent on referral pathway.</p>	<p><b>Private independent hospital</b> treating adult (18+) with primarily alcohol and drug dependency. Range of services including detox, rehab and family support programme.</p>

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RECOVERY	CONTACT DETAILS	HOW TO REFER	SERVICES OFFERED
<b>SMART Recovery</b>	<b>Alcohol &amp; Drugs Action (ADA)</b> 7 Hadden Street Aberdeen AB11 6NU	Tel 01224 577120 <a href="mailto:info@alcoholanddrugsaction.org.uk">info@alcoholanddrugsaction.org.uk</a>	SMART Recovery is a science-based programme to help people manage their recovery from any type of addictive behaviour. SMART Recovery helps participants decide whether they have a problem, builds up their motivation to change and offers a set of proven tools and techniques. For more information: <a href="http://www.drugsaction.co.uk/drugs/service-directory/groups">http://www.drugsaction.co.uk/drugs/service-directory/groups</a>
<b>ORT Recovery &amp; Me</b> Timmermarket Clinic 1 East North Street Aberdeen, AB24 5HT	06564 162824	Self	A recovery group meeting to help you reduce/get off ORT (Methadone, Suboxone, Subutex) and live a drug free life. Recovery guides in attendance can help you achieve this.
<b>Aberdeen in Recovery (Air)</b>	07936 008808 <a href="mailto:info@aberdeeninrecovery.org">info@aberdeeninrecovery.org</a> <a href="http://www.aberdeeninrecovery.org">www.aberdeeninrecovery.org</a>	Any, including self referral.	Recovery Community for all in recovery and for those with an interest in recovery. Contact telephone number for details of activity.
<b>Alcoholics Anonymous</b> General Service Office PO Box 1 10 Toft Green YORK YO1 7NJ	National Free Helpline 0800 9177 650  help@alcoholics-anonymous.org.uk  <a href="http://www.alcoholics-anonymous.org.uk">www.alcoholics-anonymous.org.uk</a>	By phone  Self, GP	Peer-support for recovery from alcohol dependency. Various meeting times/locations across Aberdeen & Grampian.

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<p><b>Narcotics Anonymous</b> UK Public Information Committee 202 City Road London EC1V 2PH</p>	<p>Help line available 10am – Midnight 0300 999 1212 <a href="http://www.ukna.org">www.ukna.org</a></p>	<p>By phone</p>	<p>Peer support for recovery from drug dependency. Various meeting times/locations across Aberdeen &amp; Grampian.</p>
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BEREAVEMENT	CONTACT DETAILS	HOW TO REFER	SERVICES OFFERED
<b>Scottish Families Affected by Alcohol &amp; Drugs (SFAD)</b>	Stirling House, 226 St. Vincent Street, Glasgow, G2 5RQ  Tel: 0141 221 0544 Mob: 07904 280669 <a href="mailto:karin@sfad.org.uk">karin@sfad.org.uk</a> <a href="http://www.sfad.org.uk">www.sfad.org.uk</a>	Contact Helpline: 08080 101011 (free from landlines and mobiles) Mon-Fri 0900-1700  Out with these times leave voicemail message and receive a call back from the Bereavement Support Team within 48 hrs. You will receive an initial telephone appointment within 5 working days of making contact with the Helpline  Email: <a href="mailto:bereavement@sfad.org.uk">bereavement@sfad.org.uk</a>  Web information: <a href="http://sfad.org.uk/get-help-now/bereavement-support-service">http://sfad.org.uk/get-help-now/bereavement-support-service</a>	Scottish Families offers a FREE and confidential support service to provide you with listening and emotional support in the immediate period after the loss of your loved one and, if appropriate, we can arrange up to 6 face to face counselling sessions for you.  SFAD can also give you information about local peer support for people who have experienced a similar loss
<b>Substance Bereavement Support (SBS)</b> Aberdeen	Referred via SFAD above Tel: 0141 221 0544	Self referral (as above)	Peer-led bereavement <b>support</b> group for families and friends of those lost to drug and alcohol misuse.
<b>Child Bereavement Network</b>	01224 594099 <a href="mailto:coordinator@gcfn.org.uk">coordinator@gcfn.org.uk</a> <a href="http://www.gcfn.org.uk">www.gcfn.org.uk</a>	Support resource	Grampian Child Bereavement Network offers, a free service for children and young people up to the age of 18 who have been affected by bereavement. The support is provided via a part time helpline, free resources, a responder service and regular family activity days.

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<b>Sunrise Partnership</b>	07827 755735 <a href="mailto:support@sunrisepartnership.org">support@sunrisepartnership.org</a>	Self referral by telephone call or email.	Sunrise Partnership offers a free service for children and young people up to age 18 who have been affected by loss and bereavement. This may be one to one, sibling or family support or group work which can be offered as a one day session or several sessions spread over a period of time. No waiting list held and sessions are not time limited.
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Please send any amendments / additions to Aberdeen City ADP: [nhsq.aberdeencityadp@nhs.net](mailto:nhsq.aberdeencityadp@nhs.net)