

# Alcohol and Drug support services

## Additional support

Al-Anon 0141 339 8884

Alcoholics Anonymous 0845 769 7555

Ayrshire Council on Alcohol (ACA)  
01292 281238

Cocaine Anonymous  
0800 612 0225 (10am - 10pm everyday)

Narcotics Anonymous 0300 999 1212

## Other contacts

With You  
01563 558777

Barnardo's Scotland  
01563 530646

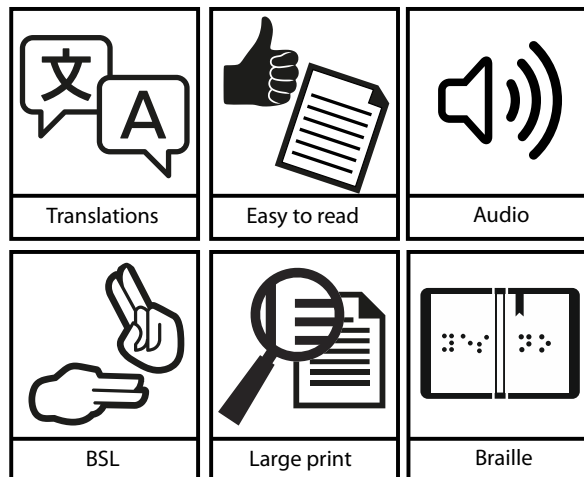
East Ayrshire ADP  
Liam Wells - 01563 555353


Prevention and Service Support Team (NHS  
Alcohol and Drug Services)  
01294 476000

Scottish Drug Forum User Involvement Group  
07917 770646

Ward 5 Woodland View  
01294 322377

**We are happy to consider requests for this publication in other languages or formats such as large print.**



 Call: 01563 825856

 Email: [pil@aapct.scot.nhs.uk](mailto:pil@aapct.scot.nhs.uk)



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Alternatively, you can call free on 0800 169 1441 or email [complaintsteam@aapct.scot.nhs.uk](mailto:complaintsteam@aapct.scot.nhs.uk)

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# East Ayrshire Rapid Access to Drug and Alcohol Recovery

## General information leaflet



## Information for you

Alcohol and drug misuse can affect your physical and mental health, your relationships, your employment as well as your ability to cope with everyday life. Your age, family support, lifestyle, personality and personal beliefs may also determine how drugs or alcohol affect you.

Recovery means different things to different people and no two people will have the same journey of recovery. Your named worker will help you to move towards how to promote, support and understand your recovery from problematic substance use.

Experience has shown that we can help your recovery by giving you the support to become active in your own health care. It is about having the belief, drive and commitment to know that you can and will recover control of your life.

Many factors will help in your personal recovery. Our staff will work with you to bring together your thoughts and ideas to help us learn about what helps you, and also what delays your road to recovery.

## NHS Ayrshire and Arran Drug and Alcohol contact information

You can contact us from 9am to 5pm, Monday to Friday

**East Ayrshire**                      **01563 574237**  
South Ayrshire                      01292 559800  
North Ayrshire                      01294476000

Drug and Alcohol  
Recovery Service

### Outside these hours

Please contact NHS 24 on 111

## Who can refer?

Anyone can refer, including you. Professionals and anyone else who is asked to make a referral by someone who needs drug or alcohol support, can refer.

## What support is available for me?

- Mental Health related support
- Physical and sexual health interventions
- Opiate Replacement Therapy prescribing and recovery support
- Injecting equipment provision (including Naloxone training and supply)
- Detoxification from opiates
- Detoxification from alcohol \*Detoxification can be carried out within the community setting or hospital based dependent on your needs\*
- Support to create a recovery journey that meets your needs

- Occupational Therapy interventions
- Collaborative working with those involved in your care

## Overdose is preventable

Knowing the facts about drugs and what to do when you see someone having an overdose saves lives.

- **Don't delay!**
- Call 999
- Put the person in the recovery position and do CPR if you know how
- Use Naloxone
- Remember, uppers do not help and can make things worse

For more information about drugs, alcohol or where to obtain Naloxone, contact:

- **East Ayrshire – RADAR Service 01563 574237 or With You – 01563 558777**
- **North Ayrshire - Drug and Alcohol Recovery Service 01294 476000 or Turning Point P.E.A.R – 01294 447407**
- **South Ayrshire Treatment and Recovery Team (START) – 01292 559800 or With You - 01292 430529**

Naloxone can temporarily reverse the effects of an opioid overdose.