

# App for information on alcohol and drugs



NHS Ayrshire & Arran has developed an app which provides you with information you might need to seek help for yourself, or someone you know who has an alcohol or drug problem.


If you or someone you know needs information or support about drugs or alcohol but would find it hard to speak about it, this **free** app can help.

## The app provides information about:

- Local services and support
- Helpful websites
- Current drug warning alerts
- Who to contact in an emergency
- Events in your area including free training
- Self-help
- Information about Ward 5 (a residential facility in Woodland View, Irvine)

## To get the app

Download the NHS Ayrshire & Arran app from your Apple or Android app store. Then search for Alcohol and Drugs.



**A range of support is available to help with alcohol or drug-related problems. Help us to help you!**