

# 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

Addaction, East Ayrshire, 01563 558777

Barnardo's Scotland 01563 530646

East Ayrshire ADP

Liam Wells - 01563 555353

Prevention and Service Support Team (NHS)

Addiction Services)

01294 322339

Scottish Drug Forum User Involvement Group

07917 770646

Ward 5 Woodland View 01294 322377

## Tell us what you think...

If you would like to comment on any issues raised by this document, please write to: Communications Department, 28 Lister Street, University Hospital Crosshouse, Crosshouse KA2 0BB. You can also email us at: [commms@aaaht.scot.nhs.uk](mailto:commms@aaaht.scot.nhs.uk).

If you provide your contact details, we will acknowledge your comments and pass them to the appropriate departments for a response.

All of our publications are available in different languages, larger print, braille (English only), audio tape or another format of your choice.

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reviewed for plain English



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East Ayrshire Council  
Comhairle Shiorrachd Inbhir Àir an Ear



# NHS Ayrshire and Arran Addiction Services

## East Ayrshire

## 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 Addiction Services 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.

- **Dont 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 – Addiction Services 01563 574237 or Addaction 01563 558777**
- **North Ayrshire - Drug and Alcohol Recovery Service 01294 476000**
- **South Ayrshire – Addiction Services 01292 559800 or Addaction 01292 430529**

Naloxone can temporarily reverse the effects of an opioid overdose.