

## Alcohol and Drug support services

### Additional support

#### ADP Recovery Support

01292612339

#### Al-Anon

0141 339 8884

#### Alcoholics Anonymous

0845 769 7555

#### Ayrshire Council on Alcohol (ACA)

01292 281238 email: [info@acaayr.org](mailto:info@acaayr.org)

#### Cocaine Anonymous

0800 612 0225 (10am - 10pm everyday)

#### Narcotics Anonymous

0300 999 1212

#### We Are With You, South Ayrshire

01292 430529

### Other contacts

#### Prevention and Service Support Team (NHS)

#### Addiction Services – pan-ayrshire)

01294 476000 option 3

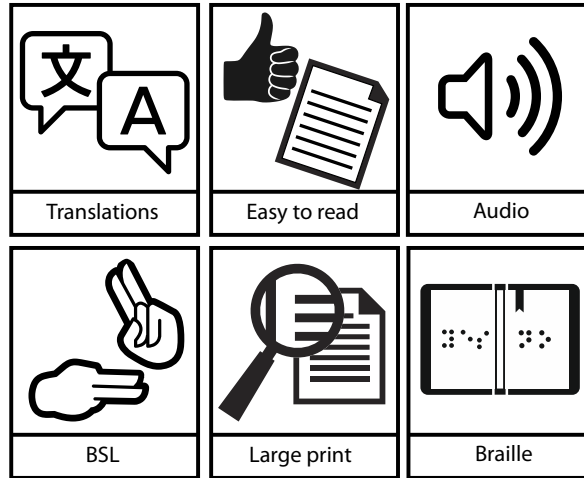
#### Ward 5 Woodland View


01294 322377

### Sharing of information

There may be occasions when we will need to share information with other services to protect children and vulnerable adults. We will also keep your family doctor (GP) updated as to your progress.

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)



### Tell us what you think...

If you would like to comment on any issues raised by this document, please complete this form and return it to our Feedback and Complaints team: PO Box 13, Eglinton House, Ailsa Hospital, Dalmellington Road, Ayr KA6 6AB. Alternatively, you can call free on **0800 169 1441** or email [complaintsteam@aapct.scot.nhs.uk](mailto:complaintsteam@aapct.scot.nhs.uk)

Name \_\_\_\_\_

Address \_\_\_\_\_

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# NHS Ayrshire and Arran Treatment and Recovery Team (START)

South Ayrshire

General information leaflet



South Ayrshire START are on Facebook

<https://www.facebook.com/START>



## NHS Ayrshire and Arran South Ayrshire Treatment and Recovery Team (START) contact information

START is a treatment and recovery service and available to anyone aged 16 years and over. You can contact us from 9am to 5pm, Monday to Friday on 01292 559800. Out of hours contact for help and support is NHS24 on 111.

### Information for you

Individuals use substances and alcohol for many reasons, but their use can become a problem. Perhaps you have been noticing that your use is affecting your physical and mental health, your relationship, 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 substances affect you.

### Are you ready to make changes to your alcohol and/or substance use?

Recovery means different things to different people and no two people will have the same journey. Your named worker will provide the tools and support which can help you to understand and recover from problematic substance use. Experience has shown that helping you to become active in your own health care can promote recovery from problematic substance use.

### Who will I see?

You could meet a wide range of professionals. These might include mental health nurses, Advanced nurse practitioners, community health nurses, drug workers, support workers, occupational therapists, psychologist, psychiatrist, specialist prescribers, peer recovery workers, students.

### Who can refer?

Anyone can refer as long as they have permission from the person they are referring. You can also self-refer. We offer flexible appointments at a time and day to suit you.

You may wish to ask a relative, carer or friend to attend your appointment with you for additional support.

### 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 (could also include prescribed opiate medication)
- 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
- Psychological therapies
- Relapse prevention from alcohol and opiates

### 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 – RADAR 01563 578770**
- **North Ayrshire - NADARS 01294 476000**
- **South Ayrshire – START 01292 559800**

Naloxone can temporarily reverse the effects of an opioid overdose.