

Highland Drug and Alcohol Recovery Directory of Services

**Worried about your
own or someone
else's Alcohol and/or
Drug use?**



Highland Alcohol and Drugs Partnership (HADP)

Larch House
Stoneyfield Business Park
INVERNESS
IV2 7PA
Tel: 01463 704603
Website: www.highland-adp.org.uk

[HADP Facebook Page](#)

[HADP Twitter Page](#)



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Adult Services

ADDICTIONS COUNSELLING INVERNESS (ACI)

Description of Service:

One to one addictions counselling for individuals 16+ struggling with addiction (up to 24 FREE sessions) One to one addictions counselling for family members 16+ supporting someone struggling with addiction (up to 12 FREE sessions) CRAFT Family Training (6 week program, 6 people two therapists) Specifically, CRAFT teaches several skills, including: • Understanding a loved one's triggers to use substances • Positive communication strategies • Positive reinforcement strategies • Problem-solving • Self-care • Getting a loved one to accept help & enter treatment Recovery Capital Opportunities - Meaningful creative groups for people in recovery e.g creative writing, painting, craftwork

Address/Location:

108 Church Street
Inverness
IV1 1EP

Opening Hours:

Mon, Wed 10am – 7.30pm
Tue, Thu, Fr 10am – 4.30pm

Contact Person:

Sharan Brown, Development Manager

Tel No: 01463 220995

Email:

manager@addictionscounsellinginverness.org

Enquiries:

info@addictionscounsellinginverness.org

Website:

www.addictionscounsellinginverness.org

ADVOCACY HIGHLAND

Description of Service:

Advocacy Highland is an independent voluntary organisation which provides free and confidential independent advocacy in the Highland region for individuals over the age of 16, who need to be supported to speak up about specific issues. This, whilst not exclusive, focuses on key priority groups including those with mental ill health, learning disabilities, Autistic Spectrum Disorder (ASD), those groups who are frail and elderly, and to individuals with drug and alcohol problems. We provide advocacy to support people to have their voices heard, their views respected and to be empowered to be involved with the important decisions in their lives. We work within the Scottish Independent Advocacy (SIAA) guidelines of good practice and to current legislation. The organisation is managed by the Advocacy Manager and governed by a voluntary Board of Directors.

Address/Location:

2 Seafield Road
Inverness
IV1 1SG

Opening Hours:

9am – 5pm, Monday - Friday

Contact Person

Sheilis Mackay

Tel No: 01463 233460

Email: info@advocacy-highland.org.uk

Website: www.advocacy-highland.org.uk

APEX SCOTLAND—HIGHLAND

Description of Service:

The primary objective of Apex Highland is to support individuals who have been engaging with a treatment/recovery centre, are now addressing their addictive behaviours and are facing barriers to entering the workforce. Apex equips these individuals with the skills that will enhance their employability prospects, prepare them for entry into the labour market and to sustain participation when they get there.

For more information on what Apex can offer please contact on the details below

All referrals to Tina Brown – tina.brown@apexscotland.org.uk

Address/Location:

Apex Scotland
Unit 7, 23 Lotland Street
Inverness , IV1 1ST

Opening Hours:

9am – 5pm Monday - Friday

Contact Details:

Contact Person: Tina Brown

Telephone: 01463 717033

Email:

tina.brown@apexscotland.org.uk

website: www.apexscotland.org.uk

BEECHWOOD HOUSE

Description of Service:

Beechwood House is a Residential Rehabilitation service for individuals who require treatment for problematic alcohol and drug use. Treatment is delivered through Group Work, Key Working sessions and support in structuring meaningful use of time.

A Community Programme is also offered. Individuals with problematic substance use issues can receive treatment in the community which may or may not lead to engaging in the rehabilitation programme. Families can access help where the CRAFT model is implemented. Aftercare is also offered for Service users leaving the residential programme who live within a reasonable travelling distance.

Address/Location:

69-71, Old Perth Road
Inverness
IV2 3JH

Opening Hours:

24 hours a day, 7 days a week, 365 days a year.

Contact Details:

Contact Person:
Caroline Robertson

Tel No: 01463 711335

Fax No: 01463 711544

Email: beechwood@crossreach.org.uk

Website: www.crossreach.org.uk

CRIMINAL JUSTICE SUBSTANCE MISUSE TEAM DTT0 SERVICE

Description of Service:

The Criminal Justice Drug & Alcohol Intervention Team (DAIT) provides a range of statutory and non-statutory group work and 1:1 interventions relating to alcohol and drug use, including:

1. Drug Treatment and Testing Orders, including DTT02 (statutory court order)
2. Community Payback Orders with alcohol and drug intervention requirements (statutory court order)
3. Throughcare addiction service (post-sentence, voluntary)
4. Throughcare addiction service (in-sentence, voluntary)
5. Alcohol project (recurring imprisonment, voluntary)
6. Structured deferred sentences (court mandated)
7. Diversion from prosecution (alternative to prosecution offered by the procurator fiscal, voluntary)

Address/Location:

Criminal Justice Services
Inverness Justice Centre,
Longman Road,
IV1 1AH.

Opening Hours:
9am to 5 pm

Contact Person:

Agnes Sangster

Tel No: 01463 644900

Email: agnes.sangster@highland.gov.uk

Website: https://www.highland.gov.uk/info/1396/criminal_justice_social_work/433/criminal_justice_services

GATEWAY (HIGHLAND HOMELESS TRUST)

Description of Service:

Supported Accommodation, Housing Support, Community Support.

Address/Location:

57 Church Street
Inverness
IV2 3SB

Opening Hours:
9-5:30 Mon-Fri

Contact Person:

Alex Gilchrist – General Manager

Tel No: 01463 718693

Fax No:

Email: office@homelesstrust.org.uk

Website: homelesstrust.org.uk

HOMELESS SERVICE INVERNESS

Description of Service:

- Help for individuals who are Homeless or in Temporary Bed & Breakfast accommodation in Inverness.
- Particularly for those who are not involved with health services currently and experience issues with Alcohol, Drugs or Mental Health.
- Regular outreach visits to your accommodation to offer immediate practical support while needs are assessed
- Support to register with a GP or Dentist.
- Appointments for individuals either in person, by telephone or text
- Sign posting and referral on to appropriate agencies to create individualised support networks.

Address/Location:

Community based: contact via phone or e-mails opposite.

Opening Hours:

9am-5pm Mon-Fri

Contact Details:

Cheryl Light
Senior Nurse Practitioner
Homeless Service
Inverness.

Tel No: 07976 661177

Email: Cheryl.light@nhs.scot

SALLY FERGUSON
Senior Nurse Practitioner

Tel No: 07814071321

Email: sally.ferguson1@nhs.scot

InverNess Engagement Service (NES)

Description of Service:

A **Rapid Response Team** for those who have recently experienced a near- fatal overdose (NFOD) or who are assessed as being at high risk of drug-related death (DRD). NES will respond to individuals alerted/referred and their significant others within Inverness GP Practice areas.

Partner agencies will alert the NES team on weekdays. Partners include **Scottish Ambulance Service (SAS), Police Scotland, Custody Suite (Burnett Rd), Raigmore Hospital, New Craigs Hospital, Housing, HMP Inverness.**

Following triage/assessment, NES will then aim to assertively **outreach within 24 – 72 hrs.**

Delivery:

NES will aim to better understand the lived experience of any overdose to ensure appropriate supports are in place, **deliver harm reduction advice and resources to reduce risk, offer support to access medically assisted treatment (MAT), carry out mental health assessment, wound assessment, liaise with other agencies involved** to highlight risk and coordinate care, and to **broker in identified supports.**

NES will provisionally aim to visit up 4 to 6 times (dependent on engagement) to optimise support and reduce risk before referring individual to other supports and services to build on stabilisation.

NES will arrange to follow-up four weeks after last engagement to undertake an individual **review of the service delivered.**

Address/Location:

C/o Aonach Mohr
120 Benula Road,
Inverness. IV3 8EL

Opening Hours:

Monday to Friday
9am to 5pm
(under constant review)

Contact Details:

Jim Neville (Nurse)

Tel No:07970683363

Email: jim.neville@nhs.scot

Website:

LOCHABER HOPE

Description of Service:

Lochaber Hope: Provision of mentoring, counselling, employability support and personal development **New Connections;** Social Enterprise, premises providing spaces for office and organisation rental, Café and safe place to meet chat, collaborate and discuss ideas and aspirations and bring them to fruition.

The Workshop: Social Enterprise woodworking workshop. A safe, therapeutic environment for men and women to come and learn new skills, aimed at reducing suicide among men, a place to talk, belong, achieve and be cared for.

Lochaber Hope and Social Enterprises are open to the whole community, we aim to reach people who are experiencing vulnerable or crisis periods in their lives, may have addictions, poor physical or mental health and access and provide the support required to become resilient participants in their own lives their families, workplace and community.

Address/Location:

Lochaber Hope &
The Workshop
Dalnahaine
Belford Road
Fort William
PH33 6ES

Opening Hours:

Monday to Friday 9am-5pm

Contact Details

Alyson Smith

Tel No: 07887490790

Email: alyson.smith@lochaberhope.org.uk

Website: www.lochaberhope.org.uk

Merkinch Partnership

Brief description of service aims and interventions/support offered:

Employability support – CVs, job search activities, digital skills, personal development and mentoring.

Welfare support – Food Delivery Project, benefits claims, One Stop Shop Advice Centre, signposting and referrals to other services.

Address/Location:

30 Grant Street
Inverness
IV3 8BN

Opening Days/Hours:

Currently closed to the public due to Covid 19. Staff working from home, 9am to 5pm, Mondays to Fridays

Contact Person

Anne Sutherland

Tel No: 07872014520

Email: anne@merkinch.com

THE SALVATION ARMY

Description of Service:

Drug and Alcohol support service 16+. One to One person centred support or group working both available. Work with Psycho Social model. Social peer support connecting group. Support to family members who are affected by addiction.

Address/Location:

The Salvation Army
20 Tomnahurich Street
INVERNESS
IV3 5DD

Opening Hours: 9-5 Monday to Friday.
Alternative appointments can be offered with agreement.

Contact Person

Debbie Smith
Drug and Alcohol Support Worker

Tel No: 01463 255276
Mob No: 07824393864

Email: Debbie.smith@salvationarmy.org.uk

Website: www.salvationarmy.org.uk

UK SMART RECOVERY

Description of Service:

SMART Recovery is a peer led, non-profit, international organisation which provides free self help groups and related services for individuals wishing to learn more about substance or activity addiction. The SMART Recovery programme is evidence based, teaches self-empowerment, and uses cognitive behavioural and motivational enhancement techniques to help participants achieve abstinence.

Address/Location:

Arthur House
Chorlton Street
Manchester
M1 3FH

Opening Hours:
Office 9.30am – 5pm Monday to Friday.

Meetings please see website

Contact Details

UK SMART Recovery

Contact Person:
Matthew Frost

Tel No: 0330 053 6022

Email: info@smartrecovery.org.uk

Website: www.smartrecovery.org.uk

Viral Hepatitis Service

Description of Service:

Treatment and follow up for Hepatitis B and Hepatitis C. We are happy to be contacted by HADP members for advice on testing and results. Outreach clinics in HMP Porterfield, Osprey House, RNI Inverness, Thurso, Nairn, Invergordon, Portree, Broadford and Fort William.

Address/Location:

Raigmore Hospital,
Old Perth Road,
Inverness

Opening Hours:

Monday to Thursday 9-5pm

Contact Details

Contact Person:

Tel No: 01463 705086 / 01463 706243

Email: nhsh.viralhepatitisnurses@nhs.scot

Drug and Alcohol Recovery Services

BADENOCH AND STRATHSPEY DRUG AND ALCOHOL RECOVERY SERVICE.

Description of Service:

Our service offers community based support related to Drug and Alcohol problems. Assessment is against individual need with onward referral progressed where necessary. Varying interventions are used within a collaborative approach to care and include;

- Structured Preparatory/Psychosocial Intervention
- Community Based Detoxification/Specialist prescribing
- Alcohol-Detox Service

Address/Location:

Badenoch and Strathspey Community
Hospital
Cairnview Road
Aviemore
PH22 1PB

Opening Hours:

Monday to Friday 9am to 5pm

Contact Details

Contact Person:

Angela McDonell

Tel No: 01479813400

Email:

CAITHNESS DRUG AND ALCOHOL RECOVERY SERVICE.

Description of Service:

We are an N.H.S. recovery focused supportive treatment service for any adult concerned about their drug or alcohol use, We work towards a service users own goals for recovery at all times with a strong emphasis on harm reduction. We also offer support for family/friends. We provide 3 confidential Drop in's a week for anyone concerned about their own or someone else's drug and alcohol use, one of these is in the evening (see below). We can work in partnership with other agencies including housing, education/ training/financial support where/when indicated ensuring a holistic approach to recovery.

Address/Location:

C.M.H.T Bankhead Road, Wick Caithness
KW1 5LB 01955 606915
C.M.H.T. Dunbar Hospital, Ormlie Road,
Thurso KW14 7XE 01847 891224

Opening Hours:

9 – 5 Monday – Friday
and

Contact Details

Address/Location:

C.M.H.T Bankhead Road, Wick Caithness KW1 5LB
01955 606915
C.M.H.T. Dunbar Hospital, Ormlie Road, Thurso KW14
7XE 01847 891224

Contact Person:

Beverly Horton (service lead /advanced practitioner)

Tel No: 01847 891224

Email: Beverly.horton@nhs.scot

INVERNESS DRUG AND ALCOHOL RECOVERY SERVICE

Description of Service:

Our service offers community based support related to Drug and Alcohol problems. Assessment is against individual need with onward referral progressed where necessary. Varying interventions are used within a collaborative approach to care and include;

- Structured Preparatory/Psychosocial Intervention
- Community Based Detoxification/Specialist prescribing
- Alcohol-Detox Service

Address/Location:

**Royal Northern Infirmary
Ness Walk
Inverness
IV3 5SF**

Opening Hours: Monday to Friday 9am-5pm

Contact Details

Contact Person:

Shona Urquhart

Tel No: 01463 706972

Email:

HIGHLAND ALCOHOL AND DRUG ADVICE SUPPORT SERVICE (HADASS)

Description of Service:

Specialist Harm Reduction Outreach service. BBV testing and immunisation. Wound care, safer injection advice and health promotion. Assessment and treatment of minor injury/illness. Over-dose and Naloxone training. Referral and support to attend specialist and treatment services. Specialist on site BBV Service Specialist Performance & Image Enhancing Drugs Clinic We also offer support for family/friends concerned about their own or someone else's drug and alcohol use.

Address/Location:

57 Church Street
INVERNESS
IV1 1DR

Opening Hours:

Drop In Service:

Tuesday, Wednesday & Friday 9am –
2pm Appointments can be offered outwith
these times.

Contact Details

Contact Person:

Sarah Harwood
Lisa Johnstone
Christine Kemp

Tel No: (01463) 717594

Email: nhsh.hadass.churchst@nhs.scot

Social Media: <https://www.facebook.com/Drug-and-Alcohol-Recovery-Service-NHSH-1881516741881905/>

LOCHABER DRUG AND ALCOHOL RECOVERY SERVICE

Description of Service:

Our service offers community based support related to Drug and Alcohol problems. Assessment is against individual need with onward referral progressed where necessary. Varying interventions are used within a collaborative approach to care and include;

- Structured Preparatory/Psychosocial Intervention
- Community Based Detoxification/Specialist prescribing
- Alcohol-Detox Service

Address/Location:

Fort William Health Centre
Camaghael
Fort William
PH33 7AQ

Opening Hours:

Monday to Friday 9am to 5pm

Contact Details

Contact Person:

Drug and Alcohol Recovery Nurses

Tel No: 01397 709830

MID AND EAST ROSS DRUG AND ALCOHOL RECOVERY SERVICE

Description of Service:

Our service offers community based support related to Drug and Alcohol problems. Assessment is against individual need with onward referral progressed where necessary. Varying interventions are used within a collaborative approach to care and include;

Structured Preparatory/Psychosocial Intervention
Community Based Detoxification/Specialist prescribing
Alcohol-Detox Service

Address/Location:

County Community Hospital
Saltburn Road
Invergordon

Opening Hours:

Monday to Friday 9-5pm

Contact Details

Contact Person:

Drug and Alcohol Recovery Nurses

Tel No: 01349 855677

NAIRN & ARDERSIER DRUG AND ALCOHOL RECOVERY SERVICE

Description of Service:

Our service offers community based support related to Drug and Alcohol problems. Assessment is against individual need with onward referral progressed where necessary. Varying interventions are used within a collaborative approach to care and include;

Structured Preparatory/Psychosocial Intervention
Community Based Detoxification/Specialist prescribing
Alcohol-Detox Service

Access Details:

Opening Hours:

9-5pm mon - fri

Contact Details

Address/Location:

Contact Person:

Drug and alcohol Recovery nurses

Tel No: 01667 422786

OSPREY HOUSE

Description of Service:

Brief description of service aims and interventions/support offered:
Drug and Alcohol Recovery Service offering information, support and treatment to individuals over the age of sixteen years within the Highland area.

This is a confidential service delivered by experienced staff for those experiencing problems with drugs and alcohol.

Address/Location:

Raigmore Avenue
Inverness
IV2 3DZ

Opening Hours:

Monday to Saturday – 8am to 8.30pm

Contact Details:

Osprey House

Tel No: 01463 716888

Fax No:

Email: nhshighland.ospreyhouse@nhs.scot

Social Media: <https://twitter.com/DARSNHS>
<https://www.facebook.com/Drug-and-Alcohol-Recovery-Service-NHSH-1881516741881905/>

SKYE & LOCHALSH & WESTER ROSS DRUG AND ALCOHOL RECOVERY SERVICE

Description of Service:

Our service offers community based support related to Drug and Alcohol problems. Assessment is against individual need with onward referral progressed where necessary. Varying interventions are used within a collaborative approach to care and include;

- Structured Preparatory/Psychosocial Intervention
- Community Based Detoxification/Specialist prescribing
- Alcohol-Detox Service

Address/Location:

Aultbea Surgery, Birchburn, IV22 2HZ
Or
Kyle Medical Centre, Kyle of Lochalsh,
IV40 8AE

Opening Hours:

Monday to Friday 9am-5pm

Contact Details

Contact Person:

Anne Dickinson (Wester Ross)
Heather MacLeod (Skye & Lochalsh)

Tel No:

Anne Dickinson – Mob: 07818692550
Landline: 01854633263

Heather MacLeod - 01599530933

SUTHERLAND DRUG AND ALCOHOL RECOVERY SERVICE

Description of Service:

We are an N.H.S. recovery focused supportive treatment service for any adult concerned about their drug or alcohol use, We work towards a service users own goals for recovery at all times with a strong emphasis on harm reduction. We can work in partnership with other agencies including housing, education/training/financial support where/when indicated ensuring a holistic approach to recovery.

Address/Location:

Community Mental Health Team
Lawson Memorial Hospital
Station Road
Golspie
Sutherland

North and West Sutherland
Nurses Base
Flat 5
Sinclair Court
Melvich
KW14 7YJ

Opening Hours:

9 – 5 Monday – Friday

Contact Details

Contact Person:

Charlene Hercher (East Sutherland)
Hugh Black CPN (North and West Sutherland)
Beverly Horton (service lead /advanced practitioner)

Tel No:

Charlene 01408 664090

Hugh 01641 531772

Bev 01847 891224

Email:

Charlene.hercher@nhs.scot

Hugh.black@nhs.scot

Beverly.Horton@nhs.scot

Services for Children and Young People

ACTION FOR CHILDREN, GAEL OG YOUTH SUPPORT SERVICE

Description of Service:

Services within Gael Og are ISS, Probation, intandem, HMP VC (Inverness and Aberdeen), Moving On and Investing in Communities. Offer services to a range of YP and families who are supported by a Social Worker from the Highlands.

Address/Location:

Action for Children
1st Floor, Highland Rail House
Station Square
Academy Street
Inverness
IV1 1LE

Opening Hours:

9am to 5pm – skeleton staff due to COVID19

Contact Details

Contact Person: Grahame Cooper

Tel No: 01463 717227

Email: gaelog@actionforchildren.org.uk

Website: www.actionforchildren.org.uk

A.D.A.M. (Another's drinking affects me) is a website for young people who are concerned about or may be affected by another person's drinking.

The person may be your Mum, Dad, a grandparent, a brother, a sister or a friend.

A.D.A.M has been developed in consultation with young people who have experienced harm as a result of someone else's drinking and offers an opportunity to explore IF and HOW you are being affected

www.chatresource.org.uk/adam/

AL –Ateen Meetings

Please call 020 7407 0215. Alateen is for teenage relatives and friends of alcoholics. Alateen is part of

Al-anon

Barnardos Springboard Barnardos Springboard workers offer the following support to young people:

- Help to think about and plan for the future
- Help to develop the knowledge and skills needed to live independently
- Practical and emotional support when young people leave home
- Assist in contacting other services

Tel: (01463) 718436 Website: www.barnardos.org.uk/what-we-do/services/springboard

C.H.A.T (Children harmed by Alcohol Toolkit)

Children Harmed by Alcohol Toolkit (C.H.A.T.) is a new resource developed in consultation with practitioners from social work, young carers and treatment services. C.H.A.T. builds on our existing Oh Lila, Rory and A.D.A.M. resources and contains a range of interactive materials that can be used with children, young people and families to build resilience and protective factors.

www.chatresource.org.uk/c-h-a-t/

CONNECTING YOUNG CARERS Information service to young carers whose lives are affected by having to care for someone in the family with a physical or mental illness, disability or drug or alcohol problems.

To contact Highland Young Carers Tel: 01463 723563 or log on to

www.connectingyoungcarers.org/

Text messaging service 07950 328 264 or email youngcarers@hccf.org.uk

YOUTH ACTION SERVICE

Work directly with young people and families, who have drug & alcohol issues and have been in trouble with the law. Three teams cover the Highland area.

Tel: South—01463 256603; North & Mid —01995 605792 / 01349 855502 / 01349 256603

Services for Families

Children Affected by Parental Substance Misuse (CAPSM)

In recent years, there has been a growing recognition in Scotland of the impact of problematic parental alcohol and/or drug use on children and young people's lives. Children's experiences - even within the same family - can be very different and they can display incredible strengths in managing difficult situations, as can their parents. Not all parents who use substances experience difficulties with family life, child care or parenting capacity. Equally, not all children exposed to substance use in the home are adversely affected in the short or longer term. That said the impacts of parental problematic alcohol and drug use can also have a very detrimental impact on the health and wellbeing of some children. Children can also be at increased risk of experiencing violence and maltreatment when living with parental problematic drug and/or alcohol use *Getting Our Priorities Right (2013) Scottish Government*.

Highland have produced guidance for services working with children affected by parental substance misuse (CAPSM) and family members. This should be used in conjunction with the Highland Practice Guidance. These documents along with information regarding further advice and support can be found at www.forhighlandchildren.org/

FAMILIES ANONYMOUS For relatives and friends concerned about the use of drugs and related behaviour problems. Self help group meets at Beechwood House, 69-71 Old Perth Road, Inverness, IV2 3JH every Thursday from 7.30 - 9.00pm. **Contact 0845 1200 660 (lo-call) or 0207 498 4680 for details. Please check the website www.famanon.org.uk for any updates.**

Families Outside: Provides support and information for the families of people in prison. Visit their website, or contact their helpline service on **0800 254 0088** / support@familiesoutside.org.uk / www.familiesoutside.org.uk

Scottish Families Affected by Alcohol & Drugs

Brief description of service aims and interventions/support offered:

Offer support to any resident of Scotland age 16+ who has a concern about a loved ones substance use.

We offer our Telehealth support service to anyone regardless of where they live. This is structured support utilising a therapeutic intervention called CRAFT and is delivered via phone or online methods.

Our helpline is the first point of contact for any individual requiring support. One of our helpline advisers will chat with you and will answer any questions you may have. We will take your contact details and will pass them onto one of our practitioners. The practitioner will contact you within five working days. If we have a waiting list we will let you know.

In the first session, the practitioner will ask you a few questions and talk through the different ways they can support you. They will then arrange a suitable time to call each week. If something comes up and you need to change the time or day of a session, contact the practitioner and let them know.

We also offer bereavement support to anyone resident in Scotland age 16+ who has lost a loved one and that loved one used substances (alcohol and/or other drugs) in their life prior to their death. Substance use does not have to be the cause of death.

One of our helpline advisers will chat about the service and will answer any questions you may have. We will take your contact details and ask you where you live so that we can find the closest counsellor to you. The counsellor will contact you themselves and will arrange a suitable time, place and day for your counselling sessions. Your counselling sessions will last around 50 minutes. We usually offer up to six sessions but if you need less or more we can sort this out.

All our services are free of charge.

You can access all our services via free phone, email or webchat online.

Address/Location:

Head office
Edward House
199 Sauchiehall Street
Glasgow
G23EX

Opening Days/Hours:

Helpline open Mon-Fri 0900 to 2200hrs
Saturday/Sunday is a callback service and answer machine available.

Contact Person:

Suzie Gallagher Helpline Development Officer

Tel No: Helpline 08080 101011 (Freephone)

Email: Helpline@sfad.org.uk

Website: www.sfad.org.uk

Social Media:

Facebook - <https://www.facebook.com/ScottishFamiliesAffectedByDrugs>

Twitter - <https://twitter.com/ScotFamADrugs>

Instagram - <https://www.instagram.com/scottishfamilies/>

Other Information

Cale House Supported Accommodation

Provide supported accommodation for up to 22 single, vulnerable, homeless people. Cale House is a “Dry” house where no alcohol or substances are permitted. Service users can stay up to two years in Cale House.

Service Users have a variety of needs; our aim is to provide emotional and practical support to each person to enable them to rediscover skills and abilities and to learn new skills. Service user involvement is paramount in the way we deliver our service.

Service Users are encouraged to interact with the local community. Most service users undertake some form of voluntary work or training courses. This helps build self confidence and self worth

Opening Hours: Monday – Friday 8am-10pm, Saturday & Sunday 12noon – 8pm

Website: www.crossreach.org.uk/our-locations/cale-house

Tel: 01463 718616, e-mail: calehouse@crossreach.org.uk

Connecting Carers

If you would like to talk about your caring role please call 01463 723560 or email carers@hccf.org.uk

General Practitioners

GPs provide advice, information and treatment for alcohol and drug problems. Referral to appropriate agencies can also be made. Contact your local surgery. [NHS Highland](#)

Lochaber Council on Alcohol

Offers information and advice and one to one counselling service to anybody over the age of 16 affected directly or indirectly with alcohol misuse.

Tel: 01397 702340

Email: lca.caol@btinternet.com

Porterfield Prison Addictions Service

The Porterfield Team offers a range of services to the prison residents. These include: detoxification, maintenance, one-to-one support, group work, transitional care, and family groups.

Tel: (01463) 229047

Housing Options Service

Highland’s Housing Options Service gives help and advice to **anyone** who is having a housing problem. This includes:

If you are at risk of losing your home (whether it’s your family home; a private rent or a ‘social’ rent)

If you need to move

If you have nowhere to stay

If you need extra ‘hand-on’ support or help to address any challenges you face

If you are struggling to pay housing costs or rent

Your local Housing Options Worker can help you to sort issues and prevent problems getting worse. They can help you understand all your choices to get the best solution for you.

Contact them by:

Calling: 01349 886602 (ask for ‘Housing Options’)

Emailing: housingoptions@highland.gov.uk

[The Highland Council’s website](#)

Alternatively visit one of the Highland Council’s Service point and arrange an appointment

Injecting Equipment Providers North Highland

TAIN		
Well Pharmacy , 23-25 High Street IV19 1AE	Mon-Fri 8.30-1.30 / 2-6 Tel: (01862) 892002	Sat closing 5.00
ALNESS		
Well Pharmacy , 96-98 High Street IV17 0SG	Mon – Fri 9-1/ 2-6 Tel: (01349) 882233	Sat 9-1
Alness Pharmacy , High Street, Inverness	Mon-Fri 8.30 – 17.30 Tel: (01349) 883444	Sat 9-1
INVERNESS		
Harm Reduction Centre , 57 Church Street, Inverness, IV1 1NB	Mon – Sat 9 - 5 Tel: (01463) 717594	Closes 5pm daily
Boots Pharmacy , 2 Southside Road, Inverness, IV2 3AU	Mon – Fri. 9 – 6 Tel: (01463) 231192	Sat 9-1
Boots Pharmacy , 11/1 Eastgate Shopping Centre, Inverness IV2 3PP	Mon – Sat 9 – 6 Tel: (01463) 225167 Mon-Sat 9-6	Sun 11 - 5
NAIRN		
Lloyds Pharmacy , 1 High Street, Nairn IV12 4AG	Mon, Tues, Fri. 9 - 6 Wed 9 - 5.30 Tel: (01667) 453100	Sat 9-1
WESTER ROSS, LOCHALSH AND SKYE		
Kyle Pharmacy , Station Road, Kyle of Lochalsh, IV40 8AE	Mon-Sat. 9 – 5.30 Tel: (01599) 534206	
Portree , DA MacLeod (Pharmacy), Wentworth St. Portree, IV51 9EJ	9-1.2.15-5.30 Mon, Tues, Wed, Fri Tel: (01478) 612100	Closed on Thursdays
CAITHNESS -		
Thurso		
Sutherland's Pharmacy , 13 Traill St. Thurso KW14 8EJ	Mon – Sat. 9 – 5.30 Tel: (01847) 892011	No Pharma- cist between 1.30 2.30pm
Wick		
Boots Pharmacy , 58-64 High St., Wick, KW14 4NE	Mon – Sat. 9 – 5.30 Tel: (01955) 603199	Closed over lunch from 1- 2pm
LOCHABER		
Lloyds Pharmacy , 52-54 High, St. Fort William, PH33 6AH	9-1/ 2.15 – 6.00 Tel: (01397) 702031	Sat 9-5.30

OTHER USEFUL CONTACTS

Citizens Advice Bureau	01463 237664
Childline	0800 1111
Family Mediation Highland	01463 712100
Highland Alcohol and Drugs Partnership	01463 704603
Highland Youth Voice	01463 702026
Homeless Healthcare Team	01463 706986
New Start Highland	01463 715615
NHS 24	08454 242424
North 25	01463 888300
Police Scotland	01463 715555
Scottish Fire and Rescue Service Inverness	01463 227000
Rape and Abuse Line	08088 010302
Samaritans	01463 713456
Women's Aid	01463 220719
Scottish Recovery Consortium https://www.scottishrecoveryconsortium.org/	0141 552 1355
Scottish Drugs Forum http://www.sdf.org.uk/	0141 2211175

NATIONAL HELPLINES

'Know the Score' Drug Line	0800 5875879
Samaritans (National)	116 123
Alcoholics Anonymous	0800 917650
Narcotics Anonymous	0300 999 1212
Families Anonymous	0845 1200 660 (lo-call)

