

Moray - Alcohol & Drug Support & Information

<p>Turning Point Scotland – Studio 8 Access point for all drug and alcohol services in Moray. If you require to access a service this is your first point of call. Studio 8 offers assessment and referral to services that meet your needs as well as information, support and guidance.</p> <p>www.turningpointscotland.com 01343 543792 studio8@turningpointscotland.com</p>	<p>Moray Integrated Drug and Alcohol Service (MIDAS) Integrated drug and alcohol service providing advice and support for drug/alcohol users and families inc advice and support to young substance users.</p> <p>01343 552211</p>	<p>Moray Council on Addictions A free confidential counseling and advisory service for people experiencing problems with any addiction, either their own or another persons.</p> <p>01343 542110 www.morayaddiction.org.uk admin@morayaddiction.org</p>
<p>Quarriers Carer Support Service (Moray). Advice, information and support which best meets your needs to cope with your caring responsibilities whether you are young or old.</p> <p>01343 556031 www.quarrierscarersservice.org.uk</p>	<p>Healthpoint NHS Grampian healthpoints work proactively to tackle health issues relating to self care offering free information and advice on a number of health concerns for professionals and members of the general public.</p> <p>Dr Gray's Hospital, Elgin Healthline - 0500 20 20 30</p>	<p>Aberlour Mentoring Services - Moray Aberlour Mentoring Services - Moray provides 1:1 and group support to young people who are affected by alcohol and/or drugs.</p> <p>01343 546214 www.aberlour.org.uk</p>
<p>Drinkline National helpline for alcohol related issues. 0800 7314314 www.drinksmarter.org</p> <p>Drinkaware.co.uk Facts and information on alcohol to help you make the healthy choices and enjoy drinking and stay healthy. www.drinkaware.co.uk</p>	<p>Young Persons Addiction Counseling (YPAC) Offers confidential counselling to young people aged 12-24 to explore any issues around addiction, their own, or someone else's (e.g. parents, siblings, or a friend).</p> <p>www.ypaconline.co.uk 01542 886630 admin@ypac.org.uk</p>	<p>Scottish Families Affected by Drugs & Alcohol Support for families affected by drugs and alcohol. Contact to find out what support is available locally.</p> <p>Freephone Helpline: 08080 101011 Or email: helpline@sfad.org.uk www.sfad.org.uk</p>

Further information on services can be accessed via Moray Alcohol and Drug Partnership at: <http://www.madp.info/advice-information-and-support/local-services/local-service-directory>

<p>Moray Council Access Care Team (adult community care services)</p> <p>01343 563999</p> <p>Out of Hours emergency service: 08457 565656</p>	<p>Alcoholics Anonymous (AA)</p> <p>Alcoholics Anonymous (AA) is a voluntary worldwide fellowship of men and women from all walks of life who meet together to attain and maintain sobriety.</p> <p>0845 769 7555 www.alcoholics-anonymous.org.uk</p>	<p>Al-Anon</p> <p>Al-Anon is a network of self-help groups for the family and friends of alcoholics and is for anyone who is, or has been, affected by someone else's drinking.</p> <p>020 7403 0888 www.al-anonuk.org.uk</p>
<p>Samaritans</p> <p>Available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts.</p> <p>01343 543000 www.samaritans.org.uk</p>	<p>Child Line</p> <p>ChildLine is a private and confidential service for children and young people up to the age of nineteen.</p> <p>0800 1111 www.childline.org.uk</p>	<p>Breathing Space</p> <p>Feeling down or depressed. Breathing Space where experienced advisors will listen and provide information and advice.</p> <p>0800 83 85 87 www.breathingspacescotland.co.uk</p>
<p>Know the Score</p> <p>A national, free, confidential, drug and alcohol information and advice online service and helpline.</p> <p>0800 587 587 9 www.knowthescore.info</p>	<p>GP's</p> <p>Ask your GP. Moray GP's are trained in Alcohol Brief Interventions and can provide advice and information.</p>	<p>Moray Libraries Health-Matters Healthy Reading Collection</p> <p>A collection of healthy reading books, resources, DVD's to help you make healthy choices. All library staff are trained in alcohol awareness and can provide information on resources and services.</p> <p>http://capitadiscovery.co.uk/moray</p>

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