

EDINBURGH DRUG & ALCOHOL RECOVERY HUB DROP-INS

NORTH EAST; Turning Point 0131 554 7516, Op2 NHS 0131 554 7516, Op 2

LEITH / CRAIGMILLAR	MON	TUES	WED	THURS	FRI
5 Links Place, Edinburgh, EH6 7EZ	9.00 – 12.00 1.00 – 4.00	1.00 – 7.00	1.00 – 4.00	1.00 – 4.00	1.00 – 3.30
East Neighbourhood Centre, 101 Niddrie Mains Rd, Edin, EH16 4DS	X	X	X	1.00 – 4.00	X

NORTH WEST; CGL 0131 469 5044 NHS 0131 315 2121

MUIRHOUSE	MON	TUES	WED	THUR	FRI
Craigroyston Health Centre, 1B Pennywell Rd, Edin, EH4 4PH	10.00 – 3.30	X	10.00 – 3.30	X	10.00 – 3.00

SOUTH EAST; CGL 0131 661 5294 NHS 0131 537 8302

LIBERTON / GILMERTON	MON	TUES	WED	THUR	FRI
South East Neighbourhood Office, 13 Newtoft Street, Edin, EH17 8RG	1.00 – 3.30	1.00 – 3.30	1.00 – 3.30	1.00 – 3.30	X

SOUTH WEST; CGL 0131 453 9406 NHS 0131 453 9448

WESTERHAILES	MON	TUES	WED	THUR	FRI
Westerhailes Healthy Living Centre, 32 Harvester's Way, Edinburgh, EH14 3JF	X	1.00 – 4.00	1.00 – 4.00	1.00 – 4.00	X

MID AND EAST Lothian Recovery Triage

07843 339 958

Triage System - call and speak to someone or leave a message, and you will be linked in to most appropriate service for you. You can also text if you prefer.

WEST LOTHIAN ADDICTIONS CARE PARTNERSHIP

Community Addiction Service; 01506 282 845
(NHS and third sector services)

EDINBURGH AND LOTHIAN

ELCA 0131 337 8188
(Edinburgh & Lothian Council for Alcohol) elca@btconnect.com

DRUG AND ALCOHOL RECOVERY APP

Search for: **ARC2.0** or use this link: <http://onelink.to/arc2.0>

The app features:

- Up-to-date information on meetings every day across Edinburgh/Lothians
- Details of all the professional services available
- A calendar to help people plan time, set up meetings and record their recovery
- A reflection section for people to track their mood
- An emergency section to help people to reach out to others

CARERS SUPPORT

VOCAL - 0131 622 6666

Support and information for families and carers affected by someone else's drug or alcohol misuse. Please call for information.

Al-Anon

Confidential helpline: 0800 0086 811

To help and support families and friends of problem drinkers

Edinburgh Young Carers Project

0131 475 2322

info@youngcarers.org.uk

TELEPHONE AND ONLINE SUPPORT

Alcoholics Anonymous (AA)

Helpline: 0800 917 7650

Website: www.alcoholics-anonymous.org.uk

AA Online Mutual Aid Meetings: <https://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting/online>

Cocaine Anonymous (CA)

Helpline: 0141 959 6363 / 0800 612 0225

Website: www.cascotland.org.uk

Cocaine Anonymous Online Meetings <https://www.ca-online.org/> or <https://ca.org/meetings/online-meetings/>

Narcotics Anonymous (NA)

Helpline: 07071 22344 / 0300 999 1212

Website: www.ukna.org

Narcotics Anonymous Online Meetings: <https://online.ukna.org/>

SMART Recovery

Online Meetings: <https://smartrecovery.org.uk/online-meetings/>

OTHER USEFUL SERVICES

Your GP / NHS24 – if you are in crisis and would like to access NHS care, you should phone your GP in the first instance. If it is outwith their normal hours and you cannot wait until they re-open, you can call NHS 24 on 111.

Edinburgh Crisis Centre: a 24-hour service providing community-based emotional and practical support to people over 18 who are using or have used mental health services in Edinburgh - and their carers - when they are facing a crisis. The centre provides a free telephone helpline as well as face-to-face support.

- website: www.edinburghcrisiscentre.org.uk
- e-mail: info@edinburghcrisiscentre.org.uk or crisis@edinburghcrisiscentre.org.uk
- helpline: Freephone 0808 801 0414

Samaritans: If something is troubling you, get in touch: 116 123

National Scottish Domestic Abuse helpline

Available 24 hours a day and can provide confidential information and support.
0800 027 1234

Scottish Women's Aid

Advice and support for any woman experiencing domestic abuse.
0131 226 6606

Shakti Women's Aid

Specialist advice for Asian, Black and Ethnic Minority women and children.
0131 475 2399