

Aberdeenshire & National Support Services over the holidays

Community Substance Misuse Service

Call 01467 536700

Open 23rd and 24th December

Closed 25th and 26th December

Open 27th and 28th December

Open 30th and 31st December

Closed 1st and 2nd January

Re-open as normal on 3rd January

Out of Hours Number: 0345 6081206 Ext 2

Aberdeenshire Alcohol & Drug Partnership

All Aberdeenshire based services can be accessed via the Helpline at: 01224 594700

Mon - Fri 10.30 am - 1 pm, 2 - 5 pm

Mon and Thurs 5.30 - 7 pm

Sat - Sun 2 - 5 pm

Services and Helpline closed 25th and 26th

December, 1st and 2nd January

For a full list of services and more information visit the website at: www.alcoholanddrugsaction.org.uk

Networks of Wellbeing

Call 01466 793732 or drop-in at the Clashmach Centre, Steven Road, Huntly on the following dates/times:

Open 23rd December 9.15 am - 3.15 pm

Open 24th December 9.15 am - 2.30 pm

Open 30th December 9.15 am - 3.15 pm

Open 31st December 9.15 am - 2.30 pm

Closed 25th, 26th, 27th December, 1st, 2nd and 3rd January

Open as usual from Monday 6th January

AA National Helpline - 0800 9177 650

To search for a meeting visit:

www.alcoholics-anonymous.org.uk

National NA Helpline - 0300 999 1212

10am - Midnight. There is also a

Meetings Search facility on the UK NA website at: <https://ukna.org/meetings/search>

Talk to Frank

Call: 0300 123 6600 anytime

www.talktofrank.com SMS: 82111

Drinkline - 0300 123 1110

Weekdays 9am - 8pm Weekends 11am - 4pm

Email: contact@drinkaware.co.uk

Samaritans - Freephone 116 123 anytime

Breathing Space - 0800 83 85 87

Open up when you're feeling down

Mon - Thurs 6pm - 2am & Fri 6pm - Mon 6am

NHS 24 - Call free on 111 anytime

for urgent health advice

Call NHS Inform on: 0800 22 44 88

for health information.

Scottish Families Affected by Alcohol & Drugs

Help and support is available for families and friends of those misusing alcohol or drugs.

Talk to SFAD on 08080 10 10 11 or email helpline@sfad.org.uk. Usual opening hours

of the helpline are Monday to Friday from

9am - 11pm and as a call back service at weekends.

Hours will be reduced over the festive period but callers

can leave a voicemail or send an email.

Both will be checked and responded to.

Grampian Women's Aid

Call: 01224 593381

National Domestic Abuse Helpline

The freephone, 24-hour Helpline: 0808 2000 247

Childline - 0800 1111 anytime

The Silver Line - Offering free information, friendship and advice to older people.

Call: 0800 470 80 90.

A free, confidential 24-hour helpline for older people available every day and night of the year.

Visit the website at: www.thesilverline.org.uk

Job Centre Plus - festive closures

Offices & phone lines closed on:

25th, 26th Dec & 1st, 2nd Jan

Rape Crisis Scotland

Tel: 08088 01 03 02

www.rapecrisisscotland.org.uk

The Mix - Essential support for under 25s

Tel: 0808 808 4994 www.themix.org.uk

Cruse bereavement helpline 0808 808 1677