

# Argyll and Bute Alcohol and Drug Partnership aims to ensure people affected by alcohol and drugs have access to independent advocacy and support for housing, benefits and welfare rights and income needs.

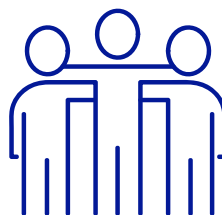
As well as accessing medical care services, there is a wide range of advice and support for people affected by substance use. You will be treated fairly, respectfully and without judgement.



**We Are With You:** Provides a recovery service across Argyll & Bute, offering help to people and families who need support around their own or someone else's alcohol or substance use.

Tel: 0800 652 1944 Webchat on <https://www.wearewithyou.org.uk>

Scan the QR code to see more information online-



## Other useful contacts



**NHS 24:** Tel: 111 This service is available to give help and advice if your GP surgery is closed and you cannot wait until it re-opens.



**NHS Inform:** <https://www.nhsinform.scot/> This is Scotland's website providing the most up-to-date guidance on health issues, symptom checker and services. The website also has a range of tools to support wellbeing – including guides on coping with depression and anxiety.



**Samaritans:** A 24/7 service for crisis support: call 116 123. If you are experiencing suicidal thoughts, please read this page.



**Scottish Families Affected by Alcohol and Drugs:** Tel. 0808 10 10 11 or <https://www.sfad.org.uk/> or [helpline@sfad.org.uk](mailto:helpline@sfad.org.uk) and webchat. National charity that supports anyone concerned about someone else's alcohol or drug use in Scotland. Information and advice to help with confidence, communication, general wellbeing, and linking to local support.

## Services available in Argyll and Bute

### Advocacy



Lomond and Argyll Advocacy Service: An independent, free and confidential advocacy service in Argyll & Bute.

Tel: 01546 606056  
[www.laas.org.uk](http://www.laas.org.uk)



### Citizens Advice



Citizens Advice Bureau: If you need advice, information or guidance, Argyll and Bute Citizens Advice Bureau is here for you. Tel: 01546 605500


[www.abcab.org.uk](http://www.abcab.org.uk)



# Services available in Argyll and Bute


## Substance Use

**Argyll and Bute Drug and Alcohol Recovery Service (DARS):** Specialist health and social work drug and alcohol team offering services to people affected by their use of alcohol and/or drugs. DARS provides services across Argyll and Bute from bases in each area. Referral routes are through professionals including GPs, Social Work, Community Justice

 Tel: 01546 605602 Monday to Friday 9am—5pm Email: [nhsh.argyllbutedars@nhs.scot](mailto:nhsh.argyllbutedars@nhs.scot)

**Cowal and Bute Response Recovery Service** provides recovery treatment, including options such as Methadone, Buprenorphine, Bupival and Naltrexone. Self-referrals are welcome. Family, friends, or anyone involved in your care can contact us on your behalf. We work with you to support your recovery. Initial consultations and treatment can often be arranged the same or next day. Consultation can be by phone, face-to-face, online or a combination, or at a community venue.


The service is delivered in partnership with With You, who provide first contact support and link with DARS for clinical input when needed.

 Tel: 07779992827 Monday to Friday 9am—5pm

**Substance Liaison Nurse:** If you attend or have been admitted to hospital and have drug or alcohol concerns, you can ask your hospital nurse or doctor to contact our Liaison Nurse who can offer assessment, clinical advice and arrange community supports when you leave hospital. Service leaflets and referral pathways are in the hospital areas so you can find the information easily.

## Housing

**Argyll and Bute Council's Housing Service** Committed to preventing homelessness, helping people to stay in their own homes and promoting realistic housing options. Provide emergency housing for those who are homeless. Contact your local housing office or

 01546 604525. Out of hours homeless number: 0345 0565457

Our Homeless Mental Health, Drug and Alcohol Nurse can support people experiencing homelessness who may have unmet needs and ensure they are linked into services that can support you. To be referred to this service, please see the information above on the Drug and Alcohol Recovery Service.




**Carr Gomm Argyll and Bute Housing Support Service:** Provides support to people to prevent homelessness and maintain tenancies in Argyll & Bute. Drop in services available for immediate help with issues around Housing, Homelessness, Welfare benefits.




Tel: 01631 563375 and 07827 993020



**Argyll & Bute Welfare Rights:** Help with issues with money, benefits or changes in your life. Contact us to refer yourself or someone else.  Tel: 01546 605 517

[www.argyll-bute.gov.uk/social-care-and-health/adults-and-older-people/welfare-rights](http://www.argyll-bute.gov.uk/social-care-and-health/adults-and-older-people/welfare-rights)

**Bute Advice Centre:** Welfare rights and money advice telephone service across Argyll & Bute.  Tel: 01700 502784 [www.buteadvice.org.uk](http://www.buteadvice.org.uk)

