

ieso Digital Health - www.iesohealth.com

Accepts self-referral for online Cognitive Behavioural Therapy (CBT) for those experiencing low mood and anxiety. It is advisable to be alcohol and drug free prior to commencing any treatment.

Sleepio - www.sleepio.com

Sleepio is a digital Cognitive Behavioural Therapy (CBT) programme to help promote sleep without the use of substances.

Living Life - Tel. 0800 328 9655

Open: Mon-Fri 1pm-9pm

Free telephone service to help those understand why they are feeling down. Self-help coaches and Cognitive Behavioural Therapy (CBT) can teach coping mechanisms.

Breathing Space - Tel. 0800 838 587

Open: Mon-Thurs 6pm-2am and Fri-Mon 6pm-6am

A free confidential phone and online service for people experiencing low mood depression or anxiety.

Western Isles Rape Crisis Centre – 01851 709965

Western Isles Women's Aid – 01851 704750

SurvivorsUK - www.survivorsuk.org

Provides support and advice on counselling, groups and peer support for male survivors of sexual abuse.

Mobile phone apps

- STOPP APP – decider skills
- Calm harm – self harm
- Clear fear – anxiety management
- Calm – anxiety management
- Silver Cloud – Cognitive behaviour therapy

“ Remember that just because you hit bottom doesn't mean you have to stay there” – Robert Downey Jr

We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website feedback section at:
www.wihb.scot.nhs.uk or share your story at:
www.careopinion.org.uk or tel. 0800 122 31 35
- 01851 704704 ext.2236 Monday-Friday
between 10am-4pm (answerphone available).

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Disclaimer

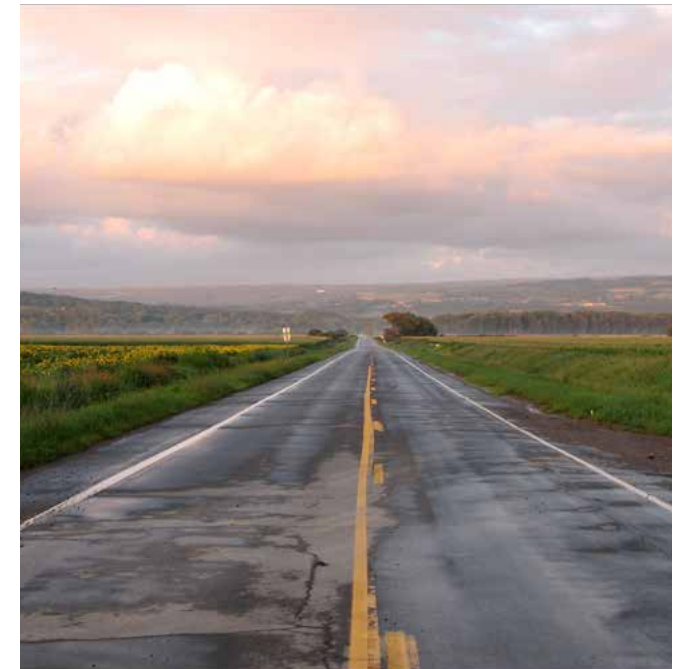
The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you to interpret any of this information, or in applying the information to your individual needs.

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Bòrd SSN nan Eilean Siar
NHS Western Isles

Lifestyle support



Information support for those experiencing
alcohol and drug misuse

Do you, or someone you know, have a problem with drink or drugs?

If you would like support and advice to move away from problem drug or alcohol use, the following discreet local support services are available.

Continued or regular alcohol and drug use can be harmful to your physical and mental health, and those around you. If you would like support, or even to find out about what is available, please seek support today.

Local services

- **NHS Substance Misuse Service**

Specialist treatment towards recovery for those with an addiction to alcohol or drugs. Referral to be made by GP.

- Alcohol Detox Nurse: 01851 703069
- Substance Misuse CPN: 01851 703069

Recovery support services

Provide support and advice with alcohol and drug issues. Contact:

Main office: 01851 822753
Kareen Macleod: 0791 726 2667
Murdo Maciver: 0779 545 0875

- **Dochas Project**

Provide support and advocacy for those struggling with issues relating to drug and alcohol use. Tel. 01851 704910.

- **Hebrides Alpha**

Residential rehabilitation service based on Lewis which promotes recovery and independent living to those overcoming problems with drugs or alcohol. Tel. 01851 820830 or visit: <http://hebridesalphaproject.org>

- **The Shed**

Provide support and encouragement to individuals and facilitate groups via 'The Well', a drop-in for adults who have struggled with drug or alcohol addictions.

11 Francis Street, Stornoway, HS1 2BN.

Tel. 01851 704557 or visit:
www.theshedproject.org.uk

- **Advocacy Western Isles**

Independent advocacy to support your views, opinions and values are respected. Offered via telephone and face-to-face contact. Tel. 01851 701755 or email: office@advocacywi.co.uk

Online/Telephone resources

Know The Score - Tel. 0333 230 9468

www.knowthescore.info

Provides harm reduction information.

Talk To Frank - Tel. 0300 123 6600. Text: 82111

www.talktofrank.com

Provides information on drugs

UK Narcotics Anonymous - Tel. 0300 999 1212

www.ukna.org

Narcotics anonymous, peer support and helpline

Scottish Families Affected by Alcohol and Drugs

Tel. 0808 010 1011 www.sfad.org.uk

Support for families affected by drugs and alcohol.

NHS Inform - www.nhsinform.scot

Scotland's national health information service.

Provides accurate and relevant information on all aspects of health and support.

(Online/telephone resources continued overleaf)

Alcoholics Anonymous

Tel. 0800 917 7650

www.alcoholics-anonymous.org.uk

If you seem to be having trouble with your drinking, or if your drinking has reached the point of where it worries you, you may be interested to know something about Alcoholics Anonymous and the AA programme of recovery from alcoholism.

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking.

There are no dues or fees for AA membership; they are self-supporting through their own contributions. AA is not allied with any sect, denomination, politics, organisation or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Their primary purpose is to stay sober and help other alcoholics to achieve sobriety.

LOCAL MEETINGS

- **Stornoway** - Tuesdays at 8pm at Haldane Site, Francis Street, HS1 2NF.
- **Bragar** - Mondays at 8pm in Bragar Mission House.
- **Ness** - Tuesdays at 8pm in Habost Clinic.
- **Tarbert** - Thursdays at 8pm in the Soft Play Area, HS3 3BG
- **Leverburgh** - Saturdays at 8pm in Free Church Hall, HS5 3TS