

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

[www.talktofrank.com](http://www.talktofrank.com).

Provides information on drugs

**UK Narcotics Anonymous - Tel. 0300 999 1212**

[www.ukna.org](http://www.ukna.org)

Narcotics anonymous, peer support and helpline

**Scottish Families Affected by Alcohol and Drugs**

**Tel. 0808 010 1011 [www.sfad.org.uk](http://www.sfad.org.uk)**

Support for families affected by drugs and alcohol.

**NHS Inform - [www.nhsinform.scot](http://www.nhsinform.scot)**

Scotland's national health information service.

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

**ieso Digital Health - [www.iesohealth.com](http://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](http://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](http://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

## 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](http://www.wihb.scot.nhs.uk) or share your story at: [www.careopinion.org.uk](http://www.careopinion.org.uk) or 0800 122 31 35
- 01851 704704 ext.2236 Monday-Friday between 10am-4pm (answerphone available).

Version: 2 Review Date: April 2026  
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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.

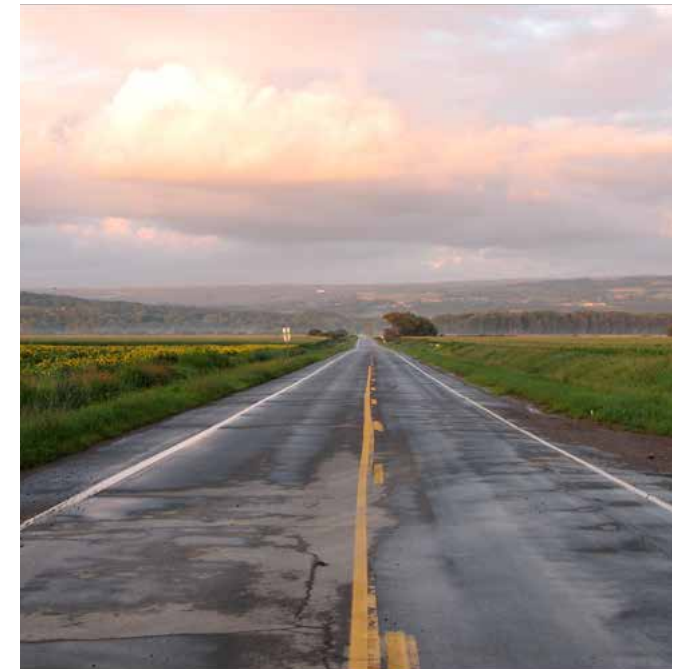
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Bòrd SSN nan Eilean Siar  
NHS Western Isles

# Lifestyle support

Uist & Barra



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 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.

The following is a list of support services you can self-refer to should you require support and advice with improving your lifestyle and moving away from problem drug or alcohol use that may be harmful to your physical and mental health.

These services are confidential and discreet.

## Local services

- **NHS Substance Misuse Service**

Specialist treatment towards recovery for those with an addiction to alcohol or drugs. Referral to be made via GP. Tel. Uist & Barra team on 01870 602918.

- **Cothrom Ltd**

Offers support and guidance to those who experience alcohol or drug issues to include, group support, 1-2-1, drop-in and community learning. Self-referrals accepted on or at Cothrom Ltd, Ormiclate, South Uist, HS8 5SB. Tel. 01878 700910.  
Web: [www.cothrom.net](http://www.cothrom.net)

- **Garadh a Bhagh a Tuath (Garden Project)**

A therapeutic garden and cafe project offering volunteering, work placements and training. Self-referrals accepted on or at: Bothan, Bayherivagh, Northbay, Barra. Email: [Peigi.maclean@garadh.org](mailto:Peigi.maclean@garadh.org) or tel. 01871 890765.

- **Recovery and Support**

Support for those with alcohol and drug issues to reduce and abstain from dependency and harmful behaviours, the provision and development of treatment, counselling, support and aftercare arrangements and 1-2-1 support. Self-referrals accepted via:  
Uist - tel. 01870 603060  
Barra - tel. 01871 81018

- **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>

- **Advocacy Western Isles**

Independent advocacy to support that your views, opinions and values are respected. Telephone and face-to-face contact. Tel. 01851 701755 or email: [office@advocacywi.co.uk](mailto:office@advocacywi.co.uk)

- **Online/Telephone resources**

- **Know The Score - Tel. 0333 230 9468**

[www.knowthescore.info](http://www.knowthescore.info)

Provides harm reduction information.

(Online/telephone resources continued overleaf)

## Alcoholics Anonymous

Tel. 0800 917 7650

[www.alcoholics-anonymous.org.uk](http://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

- **Uist** - Wednesdays at 8pm at Council buildings, Balivanich, Isle of Benbecula, HS7 5LA
- **Barra** - Fridays at 7.30pm at Fire station, Castlebay, Isle of Barra, HS9 5XJ