

promotes recovery and independent living to those overcoming problems with drugs and alcohol. Self referral accepted. Email: hebridesalphaproject.org
Tel. 01851 820830

- **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

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.

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.

Version: 2.2 Review Date: April 2026
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Disclaimer

No liability is accepted for misinterpretation. All information was correct at the time of publication (October 2025).

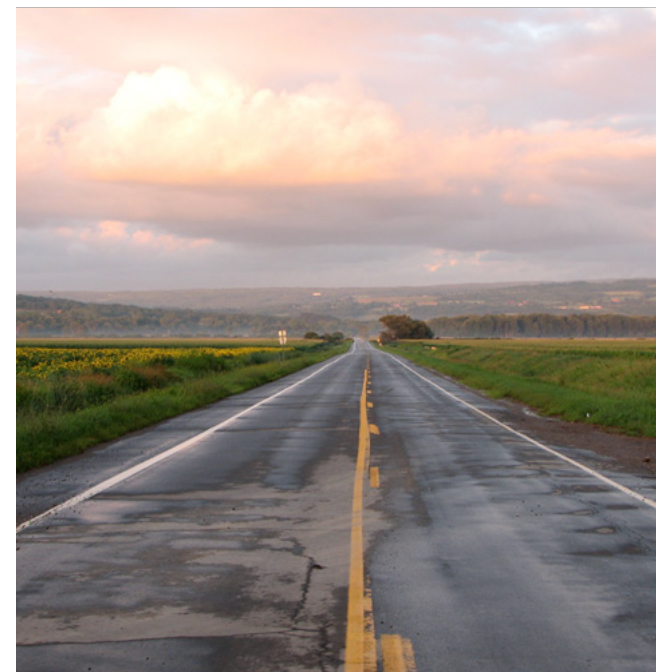
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Bòrd SSN nan Eilean Siar
NHS Western Isles

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. All services are confidential and discreet.

LOCAL SERVICES

- **NHS Substance Service**

Specialist nurse-led service offering planned assessment for adults over 18 years wishing to address alcohol and/or drug dependency. Treatment options include medication-assisted treatments and therapeutic interventions to aid recovery, harm-reduction advice, injecting equipment provision, blood-borne virus (BBV) testing and medication monitoring clinics. Consultations offered as face-to-face, phone and remote videolink appointments. Opening times: Mon-Thurs 9am-5pm, Fri 9am-4.30pm. Referrals to be made via GP.

- **Cothrom Ltd**

Support and guidance to those who experience alcohol or drug issues. Cothrom is based in South Uist and provide access to group work, 1-to-1 support, drop-in and community learning opportunities. Self referrals are accepted. Contact: Cothrom Ltd, Ormiclate, South Uists. HS8 5SB. Email: www.cothrom.org.uk Tel. 01878 700910.

- **Caraidean**

Recovery support for those living on Uist with alcohol or drug issues, who wish to make lifestyle changes in addressing harmful behaviours. Offering 1-to-1 community support to promote recovery, harm reduction advice and guidance. Self-referrals accepted. Email: admin@caraideanuibhist.org Tel. 01870 603233.

- **Voluntary Action Barra and Vatersay**

Recovery support for those living on Barra, South Uist and Eriskay with alcohol or drug issues, who wish to make lifestyle changes in addressing harmful behaviours. Offering 1-to-1 community support to promote recovery, harm reduction advice and guidance. Self-referrals accepted. Tel. 0749 407 9509.

- **Action for Children (Uist and Barra)**

Working with young people (up to 18 years) with substance or alcohol misuse. Offering 1-to-1 support, parental substance or alcohol misuse (working with the whole family to provide support), support for parents and support for children and young people impacted by parental substance or alcohol misuse, pre-birth support for expectant parents with substance or alcohol misuse. Self-referral accepted. Contact: Learning Education Centre (LEC) in Sgoil Lionacleit. Email: Valerie.Russell@actionforchildren.org.uk Tel. 01851 705080 or 0797 109 4557

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

A therapeutic garden and cafe project offering volunteering, work placements and training. Self-referrals accepted. Contact: Bothan, Bayherivagh, Northbay, Barra. Email: Peigi.maclean@garadh.org Tel. 01871 890765.

- **Hebrides Alpha**

Residential recovery service based on Lewis which

(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

- **Barra** - Fridays at 7.30pm at Fire station, Castlebay, Isle of Barra, HS9 5XJ