

# Highland Drug and Alcohol Recovery Directory of Services

**Worried about your  
own or someone  
else's Alcohol and/or  
Drug use?**



## ***Highland Alcohol and Drugs Partnership (HADP)***

Larch House  
Stoneyfield Business Park  
INVERNESS  
IV2 7PA

Tel: 01463 704603

Website: [www.highland-adp.org.uk](http://www.highland-adp.org.uk)



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# Adult Services

## ADDICTIONS COUNSELLING INVERNESS (ACI)

### Description of Service:

Addictions Counselling Inverness is a Third Sector organisation which offers free one-to-one counselling for people with addiction issues. ACI covers the Inverness, Badenoch & Strathspey and Nairn area and supports those with a range of addiction & substance misuse problems, including alcohol, drug and gambling.

ACI's service is holistic and person-centred in approach and helps clients to explore their behavioural, psychological and emotional issues in order to achieve lasting change and improved well-being. Counselling is focused on the needs of the client and is provided by a team of highly trained and skilled volunteer counsellors.

### Address/Location:

108 Church Street  
Inverness  
IV1 1EP

### Opening Hours:

10am – 4pm Mon – Friday

### Contact Person:

Erica Hansen

**Tel No:** 01463 220995

**Email:** [info@addictionscounsellinginverness.org](mailto:info@addictionscounsellinginverness.org)

### Website:

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

## ALCOHOL COUNSELLING SERVICES ROSS & SUTHERLAND

### Description of Service:

1-1 Counselling  
1-2 Recovery Plans  
1-3 Support for Partners / Family Members  
1-4 Telephone Counselling  
1-5 Information and Advice

### Address/Location:

St Duthus House,  
St Duthus Street,  
Tain  
IV19 1AL

### Opening Hours:

*We are open Mon-Fri 9-11.45am other hours available on website*

*We also have a 24hr confidential answering machine service available.*

*Evening appointments available.*

### Contact Details:

#### Contact Person:

Chris Cochrane

**Tel No:** 01862 894097

**Facebook :** Alcohol Counselling Services Ross & Sutherland

**Email:** [info@acsrs.org.uk](mailto:info@acsrs.org.uk)

**Website:** [www.acsrs.org.uk](http://www.acsrs.org.uk)

## Apex Scotland - Highland

### Description of Service:

The Primary objective of the Ascend service is to support individuals who have been engaging with a treatment/recovery centre and are now addressing their alcohol/drug misuse issues, and are facing barriers to entering the workforce. Ascend equips these individuals with the skills that will enhance their employability prospects, prepare them for entry into the labour market, and to sustain participation when they get there.

For more information on what Apex can offer please contact on the details below.

### Address/Location:

Apex Scotland  
Unit 7, 23 Lotland Street  
Inverness , IV1 1ST

### Opening Hours:

9 a.m. to 5 p.m. Monday to Friday.  
1.00pm-2.30pm Saturday (Osprey House Acupuncture)

### Contact Details:

**Contact Person:** Tina Brown  
North—Tanya Green,  
South—Chris Holloway

**Telephone:** 01463 717033

**Email:**  
tina.brown@apexscotland.org.uk  
Chris.Holloway@apexscotland.org.uk  
Tanya.green@apexscotland.org.uk

website: [www.apexscotland.org.uk](http://www.apexscotland.org.uk)

## BEECHWOOD HOUSE

### Description of Service:

Beechwood House is a Residential Rehabilitation service for individuals who require treatment for alcohol and drugs misuse.

Treatment is delivered through Group Work, Key Working sessions and support in structuring meaningful use of time.

A Community Programme is also offered. Individuals with substance misuse issues can receive treatment in the community which may or may not lead to engaging in the rehabilitation programme. Substance misuser's families can access help where the CRAFT model is implemented. Aftercare is also offered for Service users leaving the residential programme who live within a reasonable travelling distance.

### Address/Location:

69-71, Old Perth Road  
Inverness  
IV2 3JH

### Opening Hours:

24 hours a day, 7 days a week, 365 days a year.

### Contact Details:

**Contact Person:**  
Caroline Robertson

**Tel No:** 01463 711335

**Fax No:** 01463 711544

**Email:** beechwood@crossreach.org.uk

**Website:** [www.crossreach.org.uk](http://www.crossreach.org.uk)

## CRIMINAL JUSTICE SUBSTANCE MISUSE TEAM DTT0 SERVICE

### Description of Service:

Statutory and non statutory criminal justice team

1. Drug treatment and testing orders
2. through care addiction service (post sentence, voluntary)
3. through care addiction service (in sentence, voluntary)
4. alcohol project (recurring imprisonment)
5. structured deferred sentences
6. diversion from prosecution
7. community integration unit

Criminal Justice—with links to alcohol and drug issues, Group work and 1:1 interventions offered

### Address/Location:

Old School House  
196 Culduthel Road  
Inverness

### Opening Hours:

9am to 5 pm

### Contact Details:

#### Contact Person:

Louise Wright

**Tel No:** 01463 716324/724554

**Fax No:** 01463 712895

**Email:** [louise.wright@highland.gov.uk](mailto:louise.wright@highland.gov.uk)

## DUAL DIAGNOSIS SERVICE/ DUAL DIAGNOSIS NURSE

### Description of Service:

Community based service covering Inverness GP practices (with transitional care operating between hospital and community).

Individuals must have a primary diagnosis of severe mental health and currently be misusing drugs / alcohol.

Proactive liaison/care coordination between and across services/ providers in order to within optimise recovery for individuals, improve outcomes, highlight and manage risks for those on caseload, their Carers and communities

Working 1:1 with individuals on DDS caseload ( referral criteria above)

Joint working with other services/individuals/providers to assess mental health and substance use issues, to shape care planning, optimise recovery, signpost optimal pathway, and manage risk going forward.

Design and delivery of training/workshops for individuals/groups/services

Available as a resource for others ( individuals, groups, services)

Currently stand alone service within Drug and Alcohol Recovery Services

### Address/Location:

Dual Diagnosis Service  
Royal Northern infirmary, Ness Walk  
Inverness IV3 5NS

**Opening Hours:** Currently 0.8WTE. generally not available Wednesday but can be flexible if given notice  
Generally 08.00 – 16.00

### Contact Details

**Contact Person:** Jim Neville, Dual Diagnosis Nurse (DDN)

**Tel No:** 01463 706958

**Mob:** 07970683363

**Email:** [jim.neville@nhs.net](mailto:jim.neville@nhs.net)

**Website:**

### Any Additional Information:

One male DDN currently. There is no female DDN.

However DDN has close links with female nursing colleagues across services

## HOMELESS SERVICE INVERNESS

### Description of Service:

- Help for individuals who are Homeless or in Temporary Bed & Breakfast accommodation in Inverness.
- Particularly for those who are not involved with health services currently and experience issues with Alcohol, Drugs or Mental Health.
- Regular outreach visits to your accommodation to offer immediate practical support while needs are assessed
- Appointments for individuals who prefer to meet out with their tenancy.
- Sign posting and referral on to appropriate agencies to create individualised support networks. Support to register with a GP or Dentist.

### Address/Location:

Community based: contact via phone or e-mail opposite.

### Opening Hours:

**9am-5pm Mon-Fri**

### Contact Details:

#### Contact Person:

Cheryl Light  
Senior Nurse Practitioner  
Homeless Service  
Inverness.

**Tel No: 07976 661177**

**Email: Cheryl.light@nhs.net**

## LOCHABER HOPE

### Description of Service:

A Third Sector Person Centred Organisation; **Confidential counselling; Mentoring, Personal Growth Training, Fair Start Scotland (FSS) Employability Service, Employability for those not eligible for FSS. SMART Recovery** group facilitation. **Suicide Intervention**; a safe place to talk and be supported to explore thoughts feelings and behaviours.

**Service;** Individual and self-referrals, Schools, Workplace, Associations and Colleges.

1:1 and group work, mentor training and youth peer mentor training at HND level.

Drop in service, women's space opportunities, Men@Work – (woodwork and skills building) wellbeing groups incl: relaxation, bereavement group, light at the end of the tunnel (anxiety), creative writing, crafternoon,  
Mediation

Employers Assistance Programme

### Any Additional Information:

Developing Social Enterprise; a safe, positive and inspiring environment, providing opportunities for unemployed, disadvantaged and at risk members of our community, who are experiencing vulnerable or crisis periods in their lives.

### Opening Hours:

**9-5 Mon – Friday**

**Outside these hours by appoint or contactable in crisis**

### Contact Details

**Alyson Smith**

**Tel No: 07887490790**

**Email: alyson.smith@lochaberhope.org.uk**

**Website:www.lochaberhope.org.uk**

## UK SMART RECOVERY

### Description of Service:

SMART Recovery is a peer led, non-profit, international organisation which provides free self help groups and related services for individuals wishing to learn more about substance or activity addiction. The SMART Recovery programme is evidence based, teaches self-empowerment, and uses cognitive behavioural and motivational enhancement techniques to help participants achieve abstinence.

### Address/Location:

Dresden House,  
The Strand,  
Longton, Stoke on Trent,  
ST3 2QH

### Opening Hours:

Office 9.30am – 5pm Monday to Friday.

*Meetings please see website*

### Contact Details

UK SMART Recovery

### Contact Person:

Therese Davall

**Tel No: 0330 053 6022**

**Email:** info@smartrecovery.org.uk

**Website:** www.smartrecovery.org.uk

## Drug and Alcohol Recovery Services

### Badenoch and Strathspey Drug and Alcohol Recovery Service.

### Description of Service:

Our service offers community based support related to Drug and Alcohol problems. Assessment is against individual need with onward referral progressed where necessary. Varying interventions are used within a collaborative approach to care and include;

- Structured Preparatory/Psychosocial Intervention
- Community Based Detoxification/Specialist prescribing
- Alcohol-Detox Service

### Address/Location:

Drug and Alcohol Recovery Service  
Rathven  
100 Grampian Road  
AVIEMORE  
PH22 1RH

**Opening Hours:** Monday to Friday 9am to 5pm

### Contact Details

### Contact Person:

**Tel No:** 01479 813400

**Email:**



**Caithness & Sutherland Drug and Alcohol Recovery Service.**

**Description of Service:**

We are an N.H.S. recovery focused supportive treatment service for any adult concerned about their drug or alcohol use, We work towards a service users own goals for recovery at all times with a strong emphasis on harm reduction. We also offer support for family/friends. We provide 3 confidential Drop in's a week for anyone concerned about their own or someone else's drug and alcohol use, one of these is in the evening ( see below ). We can work in partnership with other agencies including housing, education/ training/financial support where/when indicated ensuring a holistic approach to recovery.

**Address/Location:**

C.M.H.T Bankhead Road, Wick Caithness  
KW1 5LB 01955 606915  
C.M.H.T. Dunbar Hospital, Ormlie Road,  
Thurso KW14 7XE 01847 891224

**Opening Hours:**

9 – 5 Monday – Friday  
and

**Contact Details**

**Address/Location:**

C.M.H.T Bankhead Road, Wick Caithness KW1 5LB  
01955 606915  
C.M.H.T. Dunbar Hospital, Ormlie Road, Thurso KW14  
7XE 01847 891224

**Contact Person:**

Beverly Horton (service lead /advanced practitioner)

**Tel No: 01847 891224**

**Email:** Beverly.horton@nhs.net

**East Ross Drug and Alcohol Recovery Service**

**Description of Service:**

Our service offers community based support related to Drug and Alcohol problems. Assessment is against individual need with onward referral progressed where necessary. Varying interventions are used within a collaborative approach to care and include;

Structured Preparatory/Psychosocial Intervention  
Community Based Detoxification/Specialist prescribing  
Alcohol-Detox Service

**Address/Location:**

County Hospital, Invergordon, IV18 0JR

**Opening Hours:**

9-5pm mon - fri

**Contact Details**

**Contact Person:**

Drug and Alcohol Recovery nurses

**Tel No:** 01349 853636

## Inverness Drug and Alcohol Recovery Service

### Description of Service:

Our service offers community based support related to Drug and Alcohol problems. Assessment is against individual need with onward referral progressed where necessary. Varying interventions are used within a collaborative approach to care and include;

- Structured Preparatory/Psychosocial Intervention
- Community Based Detoxification/Specialist prescribing
- Alcohol-Detox Service

### Address/Location:

**Royal Northern Infirmary  
Ness Walk  
Inverness  
IV3 5SF**

**Opening Hours:** Monday to Friday 9am-5pm

### Contact Details

**Contact Person:**

**Tel No:** 01463 706972

## Highland Alcohol and Drug Advice Support Service

### Description of Service:

Specialist Harm Reduction  
Outreach service.  
BBV testing and immunisation.  
Wound care, safer injection advice and health promotion.  
Assessment and treatment of minor injury/illness.  
Overdose and Naloxone training.  
Referral and support to attend specialist and treatment services.  
Specialist on site BBV Service  
Specialist Performance & Image Enhancing Drugs Clinic  
We also offer support for family/friends concerned about their own or someone else's drug and alcohol use.

### Address/Location:

57 Church Street  
INVERNESS  
IV1 1DR

### Opening Hours:

Tuesday Wednesday Thursday Friday 10am to 2pm

Due to outreach provision please leave a message on answering machine and the team will return your call.

### Contact Details

**Contact Person:**

Linda MacLeod

**Tel No:** (01463) 717594

**Fax No:** (01463) 717594

**Email:** [linda.macleod2@nhs.net](mailto:linda.macleod2@nhs.net)

Facebook—NHS Highland Iped

### Lochaber Drug and Alcohol Recovery Service

**Description of Service:**

Our service offers community based support related to Drug and Alcohol problems. Assessment is against individual need with onward referral progressed where necessary. Varying interventions are used within a collaborative approach to care and include;

- Structured Preparatory/Psychosocial Intervention
- Community Based Detoxification/Specialist prescribing
- Alcohol-Detox Service

**Address/Location:****Opening Hours:****Contact Details****Contact Person:**

Drug and Alcohol Recovery Nurses

**Tel No:** 01397 709830

### Mid Ross Drug and Alcohol Recovery Service

**Description of Service:**

Our service offers community based support related to Drug and Alcohol problems. Assessment is against individual need with onward referral progressed where necessary. Varying interventions are used within a collaborative approach to care and include;

Structured Preparatory/Psychosocial Intervention  
Community Based Detoxification/Specialist prescribing  
Alcohol-Detox Service

**Address/Location:**

Maywood, Ferry Road, Dingwall. IV15 9QX

**Opening Hours:**

**9-5pm mon - fri**

**Contact Details****Contact Person:**

Drug and Alcohol Recovery Nurses

**Tel No:** 01349 869231

## Nairn & Ardersier Drug and Alcohol Recovery Service

### Description of Service:

Our service offers community based support related to Drug and Alcohol problems. Assessment is against individual need with onward referral progressed where necessary. Varying interventions are used within a collaborative approach to care and include;

Structured Preparatory/Psychosocial Intervention  
Community Based Detoxification/Specialist prescribing  
Alcohol-Detox Service

### Access Details:

#### Opening Hours:

9-5pm mon - fri

### Contact Details

#### Address/Location:

#### Contact Person:

Drug and alcohol Recovery nurses

Tel No: 01667 422786

## OSPREY HOUSE

### Description of Service:

Drug and Alcohol Recovery service available to individuals within the Highland area.

### Address/Location:

Raigmore Avenue  
Inverness  
IV2 3DZ

### Opening Hours:

9am – 4.30pm  
7 days a week

### Contact Details:

#### Osprey House

Tel No: 01463 716888

Fax No:

Email: [nhshighland.ospreyhouse@nhs.net](mailto:nhshighland.ospreyhouse@nhs.net)

## Skye & Lochalsh & Wester Ross Drug and Alcohol Recovery Service

### Description of Service:

Our service offers community based support related to Drug and Alcohol problems. Assessment is against individual need with onward referral progressed where necessary. Varying interventions are used within a collaborative approach to care and include;

- Structured Preparatory/Psychosocial Intervention
- Community Based Detoxification/Specialist prescribing
- Alcohol-Detox Service

### Address/Location:

### Opening Hours:

### Contact Details

### Contact Person:

Drug and Alcohol Recovery Nurses

**Tel No:** 01854 612794

## Services for Children and Young People

### ACTION FOR CHILDREN, GAEL OG YOUTH SUPPORT SERVICE

### Description of Service:

Universal (Tier 1) intervention refers to drug and alcohol education, information and service sign posting.

Targeted (Tier 2) Interventions refer to alcohol advice and advice on other substances. Information and intervention for Young People who are 'vulnerable', 'at risk'

### Address/Location:

Action for Children  
1<sup>st</sup> Floor, Highland Rail House  
Station Square  
Academy Street  
Inverness  
IV1 1LE

### Opening Hours:

Office Hours – Mon-Fri 9am – 5pm

Outreach - targeted evening and weekend support

Intensive Support – Mon-Sun 9am-10:30pm (targeted support)

### Contact Details

**Contact Person:** Grahame Cooper

**Tel No:** 01463 717227

**Fax No:** 01463 236335

**Email:** [gaelog@actionforchildren.org.uk](mailto:gaelog@actionforchildren.org.uk)

### Website:

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

**A.D.A.M.** (Another's drinking affects me) is a website for young people who are concerned about or may be affected by another person's drinking.

The person may be your Mum, Dad, a grandparent, a brother, a sister or a friend.

A.D.A.M has been developed in consultation with young people who have experienced harm as a result of someone else's drinking and offers an opportunity to explore IF and HOW you are being affected

[www.chatresource.org.uk/adam/](http://www.chatresource.org.uk/adam/)

### **AL –Ateen Meetings**

Please call 020 7407 0215. Alateen is for teenage relatives and friends of alcoholics. Alateen is part of [Al-anon](#)

**Barnardos Springboard** Barnardos Springboard workers offer the following support to young people:

- Help to think about and plan for the future
- Help to develop the knowledge and skills needed to live independently
- Practical and emotional support when young people leave home
- Assist in contacting other services

Tel: (01463) 718436 [www.barnardos.org.uk/springboard.htm](http://www.barnardos.org.uk/springboard.htm)

### **C.H.A.T** (Children harmed by Alcohol Toolkit)

Children Harmed by Alcohol Toolkit (C.H.A.T.) is a new resource developed in consultation with practitioners from social work, young carers and treatment services. C.H.A.T. builds on our existing Oh Lila, Rory and A.D.A.M. resources and contains a range of interactive materials that can be used with children, young people and families to build resilience and protective factors.

**CONNECTING YOUNG CARERS** Information service to young carers whose lives are affected by having to care for someone in the family with a physical or mental illness, disability or drug or alcohol problems.

**The Calman Trust** Through support, training opportunities for young people (16-25) who are homeless or at risk of homelessness, to enable them to achieve a sustainable lifestyle and to contribute positively to the life of their community. Covering Easter Ross and Inverness.

Tel: 01463 248630 or visit [www.leavinghomeinthehighlands.org](http://www.leavinghomeinthehighlands.org)

### **YOUTH ACTION SERVICE**

Work directly with young people and families, who have drug & alcohol issues and have been in trouble with the law. Three teams cover the Highland area.

Tel: South—01463 256603; North & Mid —01995 605792 / 01349 855502 / 01349 256603

## **Services for Families**

**AL-ANON FAMILY GROUPS** You are welcome to attend if you have been or still are affected by someone else's drinking. If you wish to speak to someone prior to attending a meeting please call: **020 7403 0888 for details.** [Website](#)

### **Children Affected by Parental Substance Misuse (CAPSM)**

In recent years, there has been a growing recognition in Scotland of the impact of problematic parental alcohol and/or drug use on children and young people's lives. Children's experiences - even within the same family - can be very different and they can display incredible strengths in managing difficult situations, as can their parents. Not all parents who use substances experience difficulties with family life, child care or parenting capacity. Equally, not all children exposed to substance use in the home are adversely affected in the short or longer term. That said the impacts of parental problematic alcohol and drug use can also have a very detrimental impact on the health and wellbeing of some children. Children can also be at increased risk of experiencing violence and maltreatment when living with parental problematic drug and/or alcohol use *Getting Our Priorities Right (2013) Scottish Government*.

Highland have produced guidance for services working with children affected by parental substance misuse (CAPSM) and family members. This should be used in conjunction with the Highland Practice Guidance. These documents along with information regarding further advice and support can be found at [www.forhighlandschildren.org/](http://www.forhighlandschildren.org/)

**FAMILIES ANONYMOUS** For relatives and friends concerned about the use of drugs and related behaviour problems. Self help group meets at Beechwood House, 69-71 Old Perth Road, Inverness, IV2 3JH every Thursday from 7.30 - 9.00pm. **Contact 0845 1200 660 (lo-call) or 0207 498 4680 for details. Please check the website [www.famanon.org.uk](http://www.famanon.org.uk) for any updates.**

**Families Outside:** Provides support and information for the families of people in prison. Visit their website, or contact their helpline service on **0800 254 0088** / [support@familiesoutside.org.uk](mailto:support@familiesoutside.org.uk) / [www.familiesoutside.org.uk](http://www.familiesoutside.org.uk)

**S.F.A.D.** Scottish Families Affected by Alcohol & Drugs exists to support those affected by the substance misuse of a loved one, because families need to recover too. They facilitate a Scotland-wide network of family support groups and run a helpline service.

**Freephone Helpline on 08080 10 10 11**

or email [helpline@sfad.org.uk](mailto:helpline@sfad.org.uk), website: [www.sfad.org.uk/](http://www.sfad.org.uk/)

## Other Information

### **Cale House Supported Accommodation**

Provide supported accommodation for up to 22 single, vulnerable, homeless people. Cale House is a "Dry" house where no alcohol or substances are permitted. Service users can stay up to two years in Cale House.

Service Users have a variety of needs; our aim is to provide emotional and practical support to each person to enable them to rediscover skills and abilities and to learn new skills. Service user involvement is paramount in the way we deliver our service.

Service Users are encouraged to interact with the local community. Most service users undertake some form of voluntary work or training courses. This helps build self confidence and self worth

Website: [www.crossreach.org.uk/our-locations/cale-house](http://www.crossreach.org.uk/our-locations/cale-house)

Tel: 01463 718616, e-mail: [calehouse@crossreach.org.uk](mailto:calehouse@crossreach.org.uk)

### **Connecting Carers**

If you would like to talk about your caring role please call 01463 723560 or email [carers@hccf.org.uk](mailto:carers@hccf.org.uk)

### **General Practitioners**

GPs provide advice, information and treatment for alcohol and drug problems. Referral to appropriate agencies can also be made. Contact your local surgery. [NHS Highland](#)

### **Lochaber Council on Alcohol**

Offers information and advice and one to one counselling service to anybody over the age of 16 affected directly or indirectly with alcohol misuse.

**Tel: 01397 702340**

**Email: [lca.caol@btinternet.com](mailto:lca.caol@btinternet.com)**

### **Porterfield Prison Addictions Service**

The Porterfield Team offers a range of services to the prison residents. These include: detoxification, maintenance, one-to-one support, group work, transitional care, through-care support and family groups.

**Tel: (01463) 229029**

## Injecting Equipment Providers North Highland

<b>TAIN</b>		
<b>Well Pharmacy</b> , 23-25 High Street IV19 1AE	Mon-Fri 8.30-1.30 / 2-6 Tel: (01862) 892002	Sat closing 5.00
<b>ALNESS</b>		
<b>Well Pharmacy</b> , 96-98 High Street IV17 0SG	Mon – Fri 9-1/ 2-6 Tel: (01349) 882233	Sat 9-1
<b>Alness Pharmacy</b> , High Street, Inverness	Mon-Fri 8.30 – 17.30 Tel: (01349) 883444	Sat 9-1
<b>INVERNESS</b>		
<b>Harm Reduction Centre</b> , 57 Church Street, Inverness, IV1 1NB	Mon – Sat 9 - 5 Tel: (01463) 717594	Closes 5pm daily
<b>Boots Pharmacy</b> , 2 Southside Road, Inverness, IV2 3AU	Mon – Fri. 9 – 6 Tel: (01463) 231192	Sat 9-1
<b>Boots Pharmacy</b> , 11/1 Eastgate Shopping Centre, Inverness IV2 3PP	Mon – Sat 9 – 6 Tel: (01463) 225167 Mon-Sat 9-6	Sun 11 - 5
<b>NAIRN</b>		
<b>Lloyds Pharmacy</b> , 1 High Street, Nairn IV12 4AG	Mon, Tues, Fri. 9 - 6 Wed 9 - 5.30 Tel: (01667) 453100	Sat 9-1
<b>WESTER ROSS, LOCHALSH AND SKYE</b>		
<b>Kyle Pharmacy</b> , Station Road, Kyle of Lochalsh, IV40 8AE	Mon-Sat. 9 – 5.30 Tel: (01599) 534206	
<b>Portree</b> , DA MacLeod (Pharmacy), Wentworth St. Portree, IV51 9EJ	9-1.2.15-5.30 Mon, Tues, Wed, Fri Tel: (01478) 612100	Closed on Thursdays
<b>CAITHNESS -</b>		
<b>Thurso</b>		
<b>Sutherland's Pharmacy</b> , 13 Traill St. Thurso KW14 8EJ	Mon – Sat. 9 – 5.30 Tel: (01847) 892011	No Pharma- cist between 1.30 2.30pm
<b>Wick</b>		
<b>Boots Pharmacy</b> , 58-64 High St., Wick, KW14 4NE	Mon – Sat. 9 – 5.30 Tel: (01955) 603199	Closed over lunch from 1- 2pm
<b>LOCHABER</b>		
<b>Lloyds Pharmacy</b> , 52-54 High, St. Fort William, PH33 6AH	9-1/ 2.15 – 6.00 Tel: (01397) 702031	Sat 9-5.30



## OTHER USEFUL CONTACTS

<b><i>Citizens Advice Bureau</i></b>	01463 237664
<b><i>Childline</i></b>	0800 1111
<b><i>Family Mediation Highland</i></b>	01463 712100
<b><i>Highland Alcohol and Drugs Partnership</i></b>	01463 704603
<b><i>Highland Youth Voice</i></b>	01463 702026
Homeless Healthcare Team	
New Start Highland	
<b><i>NHS 24</i></b>	08454 242424
<b><i>North 25</i></b>	01463 888300
<b><i>Police Scotland</i></b>	01463 715555
<b><i>Scottish Fire and Rescue Service Inverness</i></b>	01463 227000
<b><i>Rape and Abuse Line</i></b>	08088 010302
<b><i>Samaritans</i></b>	01463 713456
<b><i>Women's Aid</i></b>	01463 220719
<b><i>Highland Users Group</i></b>	01463 719366
<b><i>Road to Recovery</i></b> The Road To Recovery is a Christian organisation that supports men and women with addictions. Please phone 39 Madras Street (IV3 8DA) if you would like an appointment with one of our support workers. Or find us at <a href="http://www.roadtorecoveryinverness.org">www.roadtorecoveryinverness.org</a>	01463 715809

## NATIONAL HELPLINES

<b><i>'Know the Score' Drug Line</i></b>	0800 5875879
<b><i>Samaritans (National)</i></b>	116 123
<b><i>Alcoholics Anonymous</i></b>	0800 917650
<b><i>Narcotics Anonymous</i></b>	0300 999 1212
<b><i>Families Anonymous</i></b>	0845 1200 660 (lo-call)

