



Scottish Families

Affected by Alcohol & Drugs



**What can Scottish Families
offer you?**

Free Confidential Helpline

Tel: 08080 10 10 11

E: helpline@sfad.org.uk

Webchat available online

www.sfad.org.uk





Helpline

Call our free and confidential helpline today if you are concerned about someone's alcohol or drug use. Our trained volunteer advisors will be supportive and provide the information on services available to you locally or will simply listen if you need to talk. The helpline is available Monday to Friday from 9am – 11pm and from 5pm to 11pm on Saturdays and Sundays. Outwith these times you can leave a voicemail message and you will receive a callback within 24 hours (48 during public holidays). You can email the helpline on helpline@sfad.org.uk or can talk to us via webchat at www.sfad.org.uk



Family Support Groups

We are the hub of a network of Family Support Services that run both groups and 1 to 1 support across Scotland.

Family members attending groups describe them as being an opportunity to meet others who are or have experienced similar circumstances, meaning they feel less isolated and a place where they are able to speak honestly about their concerns and receive support. Contact our helpline for the dates/ times of groups running in your area.



Bereavement Support Service

We offer a free and confidential support service to you if you have lost a loved one from a drug-related death.

We will provide you with listening and emotional support and practical advice in the immediate period after the loss of your loved one and, if appropriate, we can arrange up to 6 face to face counselling sessions for you. This service is completely FREE.



Telehealth

Families across Scotland now have access to free, confidential, evidence-based interventions using telephone, email and web chat to support them in dealing with their loved ones substance use.

Support is offered via virtual support groups, 1 to 1 video conferencing, 1 to 1 telephone support and self led support materials on a variety of topics designed to promote your wellbeing.

Contact our helpline to find out how to access all our services

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