



# Scottish Families

Affected by Alcohol & Drugs

HELPLINE

**Are you concerned about someone's alcohol / drug use?**

**Contact us. We are here to help!**

**Confidential Helpline: 08080 10 10 11**

**\*Free from landlines and mobiles\***

**Email: [helpline@sfad.org.uk](mailto:helpline@sfad.org.uk)**

**Webchat available online**

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

