

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



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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 problematic activity or substance issues. ACI covers the Inverness, Badenoch & Strathspey and Nairn area and supports those with a range of activity and problematic substance use, 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:

Monday, 10am to 7pm
Tuesday –Friday 10am—4pm

Contact Person:

Erica Hansen

Tel No: 01463 220995

Email: [in-fo@addictionscounsellinginverness.org](mailto:info@addictionscounsellinginverness.org)

Website: www.addictionscounsellinginverness.org

ADVOCACY HIGHLAND

Description of Service:

Advocacy Highland is an independent voluntary organisation which provides free and confidential independent advocacy in the Highland region for individuals over the age of 16, who need to be supported to speak up about specific issues. This, whilst not exclusive, focuses on key priority groups including those with mental ill health, learning disabilities, Autistic Spectrum Disorder (ASD), those groups who are frail and elderly, and to individuals with drug and alcohol problems.

We provide advocacy to support people to have their voices heard, their views respected and to be empowered to be involved with the important decisions in their lives. We work within the Scottish Independent Advocacy (SIAA) guidelines of good practice and to current legislation. The organisation is managed by the Advocacy Manager and governed by a voluntary Board of Directors.

Address/Location:

2 Seafield Road
Inverness
IV1 1SG

Opening Hours:

9am – 5pm, Monday - Friday

Contact Person

Sheilis Mackay

Tel No: 01463 233460

Fax No: n/a

Email: info@advocacy-highland.org.uk

Website: www.advocacy-highland.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.

All referrals for services must go via Tina Brown.

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— Jackie Ross
South—Chris Holloway

Telephone: 01463 717033

Email:
tina.brown@apexscotland.org.uk
Jackie.ross@apexscotland.org.uk
Chris.Holloway@apexscotland.org.uk

website: www.apexscotland.org.uk

BEECHWOOD HOUSE

Description of Service:

Beechwood House is a Residential Rehabilitation service for individuals who require treatment for problematic alcohol and drug use. 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 problematic substance use issues can receive treatment in the community which may or may not lead to engaging in the rehabilitation programme. 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

CRIMINAL JUSTICE SUBSTANCE MISUSE TEAM DTT0 SERVICE

Description of Service:

The Criminal Justice Drug & Alcohol Intervention Team (DAIT) provides a range of statutory and non-statutory group work and 1:1 interventions relating to alcohol and drug use, including:

1. Drug Treatment and Testing Orders, including DTT02 (statutory court order)
2. Community Payback Orders with alcohol and drug intervention requirements (statutory court order)
3. Throughcare addiction service (post-sentence, voluntary)
4. Throughcare addiction service (in-sentence, voluntary)
5. Alcohol project (recurring imprisonment, voluntary)
6. Structured deferred sentences (court mandated)
7. Diversion from prosecution (alternative to prosecution offered by the procurator fiscal, voluntary)

Address/Location:

Criminal Justice Services
Old School House
196 Culduthel Road
Inverness

Opening Hours:
9am to 5 pm

Contact Details:

Contact Person:

Agnes Sangster
Tel No: 01463 716324/724554
Fax No: 01463 712895
Email: agnes.sangster@highland.gov.uk

Website: https://www.highland.gov.uk/info/1396/criminal_justice_social_work/433/criminal_justice_services

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

Any Additional Information:

One male DDN currently. There is no female DDN.

However DDN has close links with female nursing colleagues across services

GATEWAY (HIGHLAND HOMELESS TRUST)	
Description of Service: Supported Accommodation, Housing Support, Community Support.	
Address/Location: 57 Church Street Inverness IV2 3SB Opening Hours: 9-5:30 Mon-Fri	Contact Person: Alex Gilchrist – General Manager Tel No:01463 718693 Fax No: Email: office@homelesstrust.org.uk Website: homelesstrust.org.uk
HOMELESS SERVICE INVERNESS	
Description of Service: <ul style="list-style-type: none"> • 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: <p>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.</p> <p>Service; Individual and self-referrals, Schools, Workplace, Associations and Colleges.</p> <p>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</p> <p>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.</p>	
Opening Hours: <p>9-5 Mon – Friday Outside these hours by appoint or contactable in crisis</p>	Contact Details <p>Alyson Smith</p> <p>Tel No: 07887490790 Email: alyson.smith@lochaberhope.org.uk</p> <p>Website: www.lochaberhope.org.uk</p>
THE SALVATION ARMY	
Description of Service: <p>Drug and Alcohol support service 16+. One to One person centred support or group working both available. Work with Psycho Social model. Social peer support connecting group. Support to family members who are affected by addiction.</p>	
Address/Location: <p>The Salvation Army 20 Tomnahurich Street INVERNESS IV3 5DD</p> <p>Opening Hours: 9-5 Monday to Friday. Alternative appointments can be offered with agreement.</p>	Contact Person <p>Debbie Smith Drug and Alcohol Support Worker</p> <p>Tel No: 01463 255276 Mob No: 07824393864</p> <p>Email: Debbie.smith@salvationarmy.org.uk</p> <p>Website: www.salvationarmy.org.uk</p>

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: Arthur House Chorlton Street Manchester M1 3FH Opening Hours: <i>Office 9.30am – 5pm Monday to Friday.</i> <i>Meetings please see website</i>	Contact Details UK SMART Recovery Contact Person: Matthew Frost 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; <ul style="list-style-type: none"> • 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: Linda Stevens Tel No: 01479 813400 Email: linda.stevens9@nhs.net

CAITHNESS 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

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:

Shona Urquhart

Tel No: 01463 706972

Email:

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:

*Monday 9am-12.30pm
 Tuesday Wednesday, Friday 9am-2pm*

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

Contact Details

Contact Person:

Kayren Baker
 Lisa Johnstone

Tel No: (01463) 717594

Fax No: (01463) 717594

Email: high

Facebook—NHS Highland lped

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:

Fort William Health Centre
 Camaghael
 Fort William
 PH33 7AQ

Opening Hours:

Monday to Friday 9am to 5pm

Contact Details

Contact Person:

Drug and Alcohol Recovery Nurses

Tel No: 01397 709830

MID AND 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 Community Hospital
Saltburn Road
Invergordon

Opening Hours:

Monday to Friday 9-5pm

Contact Details

Contact Person:

Drug and Alcohol Recovery Nurses

Tel No: 01349 855677

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	
<p>Description of Service: Drug and Alcohol Recovery service available to individuals within the Highland area.</p>	
<p>Address/Location: Raigmore Avenue Inverness IV2 3DZ</p> <p>Opening Hours: 9am – 4.30pm 7 days a week</p>	<p>Contact Details: Osprey House</p> <p>Tel No: 01463 716888</p> <p>Fax No:</p> <p>Email: nhshighland.ospreyhouse@nhs.net</p>
SKYE & LOCHALSH & WESTER ROSS DRUG AND ALCOHOL RECOVERY SERVICE	
<p>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;</p> <ul style="list-style-type: none"> • Structured Preparatory/Psychosocial Intervention • Community Based Detoxification/Specialist prescribing • Alcohol-Detox Service 	
<p>Address/Location:</p> <p>Opening Hours:</p>	<p>Contact Details</p> <p>Contact Person: Drug and Alcohol Recovery Nurses</p> <p>Tel No: 01854 612794</p>

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 can work in partnership with other agencies including housing, education/ training/financial support where/when indicated ensuring a holistic approach to recovery.

Address/Location:

Community Mental Health Team
Lawson Memorial Hospital
Station Road
Golspie
Sutherland

North and West Sutherland
Nurses Base
Flat 5
Sinclair Court
Melvich
KW14 7YJ

Opening Hours:

9 – 5 Monday – Friday

Contact Details

Contact Person:

Charlene Hercher (East Sutherland)
Hugh Black CPN (North and West Sutherland)
Beverly Horton (service lead /advanced practitioner)

Tel No:

Charlene 01408 664090
Hugh 01641 531772
Bev 01847 891224

Email:

Charlene.hercher@nhs.net
Hugh.black@nhs.net
Beverly.Horton@nhs.net

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
1st 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

Website:

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/

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

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.

www.chatresource.org.uk/c-h-a-t/

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.

To contact Highland Young Carers Tel: 01463 723563 or log on to

www.connectingyoungcarers.org/

Text messaging service 07950 328 264 or email youngcarers@hccf.org.uk

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

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.forhighlandchildren.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 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 / 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, website: 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

Tel: 01463 718616, e-mail: 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

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

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, and family groups.

Tel: (01463) 229047

Housing Options Service

Highland's Housing Options Service gives help and advice to **anyone** who is having a housing problem. This includes:

- If you are at risk of losing your home (whether it's your family home; a private rent or a 'social' rent)
- If you need to move
- If you have nowhere to stay
- If you need extra 'hand-on' support or help to address any challenges you face
- If you are struggling to pay housing costs or rent

Your local Housing Options Worker can help you to sort issues and prevent problems getting worse. They can help you understand all your choices to get the best solution for you.

Contact them by:

Calling: 01349 886602 (ask for 'Housing Options')

Emailing: housingoptions@highland.gov.uk

[The Highland Council's website](#)

Alternatively visit one of the Highland Council's Service point and arrange an appointment

Injecting Equipment Providers North Highland

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

OTHER USEFUL CONTACTS

<i>Citizens Advice Bureau</i>	01463 237664
<i>Childline</i>	0800 1111
<i>Family Mediation Highland</i>	01463 712100
<i>Highland Alcohol and Drugs Partnership</i>	01463 704603
<i>Highland Youth Voice</i>	01463 702026
<i>Homeless Healthcare Team</i>	
<i>New Start Highland</i>	
<i>NHS 24</i>	08454 242424
<i>North 25</i>	01463 888300
<i>Police Scotland</i>	01463 715555
<i>Scottish Fire and Rescue Service Inverness</i>	01463 227000
<i>Rape and Abuse Line</i>	08088 010302
<i>Samaritans</i>	01463 713456
<i>Women's Aid</i>	01463 220719
<i>Highland Users Group</i>	01463 719366
<i>Scottish Recovery Consortium</i> https://www.scottishrecoveryconsortium.org/	0141 552 1355
<i>Scottish Drugs Forum</i> http://www.sdf.org.uk/	0141 2211175

NATIONAL HELPLINES

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

