

Updated April 2020

Shetland  
**Alcohol & Drug**  
Partnership

## Shetland Alcohol and Drug Support Services

### **Substance Misuse Recovery Service**

Contact Number: **01595 743006**

Address: **Mental Health Department**

**Lerwick Health Centre**

**ZE1 0RB**

### **IEP Service (Needle Exchange)**

Address: **Laings Pharmacy**

**Kantersted Road**

**Lerwick**

Contact Number: **01595 692579**

**FAB Group (Families Affected By alcohol and drugs)**

Contact Karen on **01595 743923**



**@ShetlandADP**



*Instagram*

**@shetland\_adp**

Updated April 2020

Shetland  
**Alcohol & Drug**  
Partnership

## Out of Hours Support

If you're experiencing feelings of distress, **call the Samaritans free 24-hour helpline on 116 123.**

If you want to talk about drugs, **call the FRANK 24-hour free helpline on 0300 123 6600 or visit [www.talktofrank.com](http://www.talktofrank.com)**

If you're worried about your own or someone else's drinking, you can **call Drinkline on 0300 123 1110** (weekdays 9am to 8pm, weekends 11am to 4pm).

Go to [www.wearewithyou.org.uk](http://www.wearewithyou.org.uk) for online support including live webchats.

**Scottish Families Affected By Alcohol and Drugs** provide a **free helpline: 08080 10 10 11** (Open 9am-11pm weekdays and a call back service on weekends)

The [National Association for Children of Alcoholics \(Nacoa\)](http://www.nacoa.org.uk) provides a free, confidential telephone and email helpline for children of alcohol-dependent parents and others concerned about their welfare. **Call 0800 358 3456 for the Nacoa helpline.**

**Remember: If you're unwell and your Health Centre is closed, call NHS24 on 111. However, if it's an emergency call 999 or go to your local A&E.**



@ShetlandADP



Instagram

@shetland\_adp