Aberdeen City Health & Social Care Partnership
A caring partnership

Knowing where to turn to for problematic drug and alcohol use:

If you are currently in contact with the Integrated Alcohol or Drugs service, your appointments will now be by telephone. It is very important that we have your up to date telephone number so please call the following numbers to advise of your number:

Drugs Service – 01224 557212

Alcohol Service - 01224 557845.

If you are prescribed medication prescriptions will be sent directly to your pharmacy.

Important information relating to substance misuse

Alcohol

If you have physical withdrawal symptoms e.g. shaking, sweating, nausea before you have your first drink of the day get medical advice before you stop drinking. It can be dangerous to stop drinking too quickly without proper support if you are experiencing symptoms of alcohol withdrawal.

Drugs

The virus affects your breathing. Drugs like heroin, methadone and benzos (diazepam, Valium, Xanax) can also affect your breathing and make you more vulnerable to infection and fatal overdose. It is important to keep your naloxone nearby at all times. If you don't have a naloxone kit, speak to your worker.

How to protect yourself and others

Clean any drug packaging, wraps or baggies with alcohol wipes as soon as possible after buying

Wash your hands for at least 20 seconds regularly - and always before preparing or taking drugs

Prepare your own drugs to reduce the risk of infection from others taking drugs

Always prepare drugs on a surface which has been cleaned using antibacterial spray or alcohol wipes or use a temporary surface like kitchen roll or a clean magazine and dispose of it afterwards

Wash injecting sites before and after injecting with soap and water – use swabs before injecting only

Don't share pipes, bongs, vapes, joints, cigarettes, straws or rolled bank notes or injecting equipment

Dispose of all equipment into a sharps bin, do not dip bins

During this time, you may also wish to consider other forms of advice and guidance available via telephone or online to support your recovery and mental health and wellbeing.

Organisation	Telephone Support	Web Support
ADA Alcohol & Drugs Action	Reaching out for help with drugs and alcohol addiction can sometimes be difficult. Whether you are seeking advice for yourself or someone else, ADA are there to provide support every step of the way. **Call (01224 594700)**	http://www.alcoholanddrugsaction.org.uk/
AIR Aberdeen in Recovery	People who have used alcohol and drugs happy to support and chat. For any further information please get in touch: **01224 638 342 / 07936 008 808** **info@aberdeeninrecovery.org**	http://www.aberdeeninrecovery.org/
CREW	Crew support people to reduce harm, challenge perceptions and help people make positive choices about their use of drugs. Mon to Friday 10am – 5pm **Call (0131 220 3404)**	https://www.crew.scot/coronavirus-general-hygiene-tips/
we are withyou	Free confidential support to people experiencing issues with drugs, alcohol or mental health (online and telephone service). *We are With You* is open from 9am to 9pm Monday to Friday and 10am to 4pm Saturday and Sunday. They offer a virtual service out-with these hours	https://www.wearewithyou.org.uk/
drinkaware	People can make direct contact on **0333 230 9468** Or through Scotland Drinkline on **0300 123 1110**	https://www.drinkaware.co.uk/
SDF Scottish Drugs Forum	A range of online information and resource	http://www.sdf.org.uk/covid-19-information-flyer-for-people-who-inject-drugs/
BREATHING SPACE	So don't let problems get out of hand, phone Breathing Space, where experienced advisors will listen and offer information and advice **Call 0800838587**	https://breathingspace.scot/
SAMARITANS	We're here to listen, no judgement, no pressure, and help you work through what's on your mind. We'll never tell you what to do. **Call - 116123**	https://www.samaritans.org/scotland/how-we-can-help/support-and-information/if-youre-having-difficult-time/

Your Mental Health & Wellbeing during Coronavirus – Know where to turn to:

You might be worried about Coronavirus (also known as COVID-19) and how it could affect your life. This may include being asked to stay at home or avoid other people. This might feel difficult or stressful, but there are lots of things you can try that could help your wellbeing.

“Mind” have produced a helpful guide to offer support to people around taking care of your mental health and wellbeing during this time. You will find all information on the following link.

https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/