

# Ongoing support and sources of help



## during the COVID-19 crisis

**Support from Alcohol and Drug services in Inverclyde continues to be provided. Some services have had to adapt how they deliver their work in line with government guidelines.**

### **Inverclyde Alcohol and Drug Recovery Service**

Support from Alcohol and Drug Recovery Services continues to be provided. If you need support or want to speak to someone about your needs in the first instance call **01475 715353**. Staff are in constant contact with patients as they maintain a key worker model and they are continuing to monitor people who are critical or at risk. Additionally they are supporting new referrals for people who want to establish treatment services. Work has been undertaken to ensure prescriptions are where they need to be so that patients can access their medication at the most convenient location.

Hours of opening are Monday-Friday 9am-5pm

### **Moving On Inverclyde**

Moving On Inverclyde are currently supporting service users and taking new referrals. They can take self or agency referrals. Just contact them for a discussion about next steps. As staff are working from home during lockdown, all contact is via telephone or email only.

Opening hours: Monday to Friday, 9am - 5pm  
Office: **01475 735 200** (this will direct you to one of the contact mobile numbers)

Mobile: **07767 167 388** or **07767 167 389**

### **Your Voice**

Your Voice are still available for support, a chat and to help maintain connections with the community. They can set up a regular chat and call to see if you are doing ok. Call on **01475 728628**. Additionally The Recovery Café in partnership with Your Voice have support packages available for households with no way to access certain essential supplies. If you experience poor mental health, harmful substance use or homelessness and are struggling to obtain essentials contact Your Voice for information on **01475 728628** (option 4) or email [Jamie.conway@yourvoice.org.uk](mailto:Jamie.conway@yourvoice.org.uk)

## Needle Exchange and Naloxone

### Available from:

#### Alcohol and Drug Recovery Service

Wellpark Centre, Regent St, Greenock PA15 4PB  
**01475 715353** is our main switchboard

### Local Pharmacies:

#### Still Pharmacy

1 Burns Square, Greenock PA16 ONT **01475 636396**

#### McAnerney Pharmacy

Barrs Cottage, 182 Dunlop St, Greenock  
PA16 9DP **01475 722805**

#### M & D Green

11-13 Fore St, Port Glasgow PA14 5EE **01475 741209**

#### M & D Green

12 John Wood St, Port Glasgow PA15 5HU **01475 741033**

## Other sources of help

### I FiT (Inverclyde Faith in Through Care)

Contact Robbie Miller, I Fit Coordinator on **07542149372**  
or email [robbie@ifit.scot](mailto:robbie@ifit.scot) for:

- Emotional support and connection
- Connectivity and mobile phone access and top ups
- Accessing Recovery, Zoom and online meetings
- Accessing basic food parcels
- Collecting and delivering food (funding sourced for shopping of food for participants and their families who are experiencing various ranges of adversity)
- Signposting and sourcing information\

### Scottish Families Affected by Drugs and Alcohol (SFAD)

If you are concerned about someone's alcohol or drug use contact Scottish Families Affected by Alcohol and Drugs. They have a free and confidential helpline that remains open by phone, email and webchat. Contact **08080 101011**, [helpline@sfad.org.uk](mailto:helpline@sfad.org.uk) or [www.sfad.org.uk](http://www.sfad.org.uk)

They have also put together a list of resources that may be helpful for families affected by someone else's alcohol or drug use during this #covid19 crisis. Access on their website

[www.sfad.org.uk/support-services/support-for-families-about-coronavirus](http://www.sfad.org.uk/support-services/support-for-families-about-coronavirus)

### We are With You

Provide free confidential online support to people experiencing issues with drugs, alcohol or mental health, they also provide advice and information, harm reduction and safety tips, go to [www.wearewithyou.org.uk/help-and-advice/coronavirus-covid-19/](http://www.wearewithyou.org.uk/help-and-advice/coronavirus-covid-19/)

### Breaking Free: Online

Breaking Free is a confidential online 12 month treatment and recovery support programme for problem alcohol and drug use. It is free to set up until 30 June. To set up your own account:

1. Visit [www.breakingfreeonline.com](http://www.breakingfreeonline.com)
2. Click **SIGN UP**
3. Use this access code: **ScotGov2020** to complete the required fields.

## Harm reduction information

### Know the score

For up to date drugs information, harm reduction, safety tips [knowthescore.info](http://knowthescore.info)  
Free confidential advice via online webchat and helpline open **0333 230 9468**, 9am - 9pm weekdays, and 10am - 4pm weekends.

### Scottish Drugs Forum SDF

The Scottish Drug Forum has carried out significant work since the beginning of #covid19 crisis to offer advice and guidance for people who use drugs, access their Information Hub at [www.sdf.org.uk/covid-19](http://www.sdf.org.uk/covid-19) including safety information for those injecting drugs [www.sdf.org.uk/covid-19-information-flyer-for-people-who-inject-drugs](http://www.sdf.org.uk/covid-19-information-flyer-for-people-who-inject-drugs)

### Drinkline

Free, confidential helpline for anyone who is concerned about their own or someone else's drinking. Helpline: **0300 123 1110** (weekdays 9am - 8pm, weekends 11am - 4pm)

### Peer Support Groups

- AA on-line [www.alcoholics-anonymous.org.uk/](http://www.alcoholics-anonymous.org.uk/) or helpline **0800 9177 650**
- NA on-line [www.ukna.org/](http://www.ukna.org/) or helpline **0300 999 1212**
- In The Rooms free online recovery tool offering 130 weekly online meetings, they embrace multiple pathways to recovery, including all 12 Step, Non-12 Step, Wellness and Mental Health [www.intherooms.com/home/](http://www.intherooms.com/home/)
- SMART Recovery Groups Online meetings available [smartrecovery.org.uk/online-meetings/?fbclid=IwAR0brzOipfUAw8EYjT3sr6R9zS2zm7jYlYw7S5Sz2g2NSr4eCUwjt2ns8](http://smartrecovery.org.uk/online-meetings/?fbclid=IwAR0brzOipfUAw8EYjT3sr6R9zS2zm7jYlYw7S5Sz2g2NSr4eCUwjt2ns8)

