

National Out of Hours Support Helplines:

Scottish Families Affected by Alcohol and Drugs – 08080101011

Know the Score - 0800 587 5879

Breathing Space - 0800 83 85 87

Samaritans – 116 123

NHS 24 - 111

Emergency Service – 999

For directory of drugs service please visit: <https://www.scottishdrugservices.com/>

For information on local recovery groups and cafes please visit: [Support over the festive period – Scottish Recovery Consortium](#)

For support for families please visit: <https://www.sfad.org.uk/>

NHS Board	ADP	Name of service, phone number (and email address if available) and operating hours
NHS Ayrshire & Arran	East Ayrshire	East Ayrshire Out of Hours 03457 240000 5 pm – 8.30 am
	North Ayrshire	North Ayrshire Drug & Alcohol Recovery Service (NADARS) on 01294 476000
	South Ayrshire	START 01292 559800 9 am – 5 pm We are with you 01292 430529 9 am – 5 pm (appointments available OOH)
NHS Borders	Borders	Social work team - 01896 752111
NHS Dumfries & Galloway	Dumfries & Galloway	Social work team - 01387 273660
NHS Fife	Fife	Fife Social Work Centre 03451 550099 5pm – 9am
NHS Forth Valley	Clackmannanshire & Stirling & Falkirk	Change Grow Live 0808 1962188 12am – 2pm
NHS Grampian	Aberdeen City	Alcohol and Drugs Action - 0333 344 8355 Social work team - 0800 7315 520

	Aberdeenshire	Aberdeenshire out of hours 01224 558844
	Moray	Social work team – 03457 565 656
NHS Greater Glasgow & Clyde	Glasgow City ADP	Crisis Outreach Service - 0141 201 3102 ggc.prog@ggc.scot.nhs.uk Open 7 days a week, 365 days a year, 8 am-8 Glasgow Drug & Alcohol Crisis Centre 0141 420 6969 Email : GDCC@turningpointscotland.com
	East Dunbartonshire	East Dunbartonshire Out of Hours 0300 343 1505
	East Renfrewshire	Social work team - 0300 343 1505
	Inverclyde	Social work team - 0300 343 1505
	Renfrewshire	Turning Point Scotland 08088 008 011 ggcreferrals@turningpointscotland.com 7 days a week including bank holidays 10am - 10pm
	West Dunbartonshire	Turning Point Scotland - 7 days a week, 10 am to 10 pm including Bank Holidays 08088 008 011 GGCORTReferrals@turningpointscotland.com
NHS Highland	Argyll & Bute	Social Work Emergency Standby out of hours service 01631 566491 or 01631 569712
	Highland	NHS Highland Central Treatment Service 01463 716888 8am – 8.30pm Highland Alcohol and Drug Advice and Support Service 01463 717594 9am – 5pm
NHS Lanarkshire	N Lanarkshire	Social work out of hours team contact number is 0800 121 4114 Turning Point Scotland outreach team will operate as normal throughout the festive period in North Lanarkshire - 10am – 10pm. They can be contacted on 0808 800 8011.
	Lanarkshire	The Beacons - 01698 755926

	(South)	Turning Point Scotland – 08081008001 – 10 am – 10 pm
NHS Lothian	City of Edinburgh and Lothian	Emergency social work 0800 731 6969 The Contact service run by MELD staff on 07843339958 or office@meld-drugs.org.uk
	West Lothian	Social care emergency team - 01506 281028 or 01506281029
NHS Orkney	Orkney	Social work team - 01856888000
NHS Shetland	Shetland	Social work team - 01595 695611
NHS Tayside	Angus	Out of Hours Social Work 01382307964
	Dundee City	26/27 Dec and 2/3 Jan – 01382632542 / 01382433205 DDARS.dutysocialwork@dundeecity.gov.uk OOO 26/27 Dec and 2/3 Jan 01382307964 out of.hours@dundeecity.gov.uk
	Perth & Kinross	Perth and Kinross Council Out of Hours Service, 0345 30 111 20, AccessTeam@pkc.gov.uk Operational hours: 16:45 to 07:45
NHS Western Isles	Western Isles	Community Care Service 01851 701702