

## **Contact Sheet: Addictions (Services in South Lanarkshire)**

### **Addaction**

Web: [www.addaction.org.uk/services/south-lanarkshire-addaction](http://www.addaction.org.uk/services/south-lanarkshire-addaction)

Tel: 0141 328 9382

Free and confidential support for individuals and families affected by drugs and alcohol. Addaction has specific services for young people, and also counselling for adults affected by childhood trauma.

### **Lanarkshire Alcohol and Drug Service (LAADS)**

Web: <http://www.nhslanarkshire.org.uk/HealthyLiving>

Tel: 01698 368 700

The key goal of NHS Lanarkshire's specialist alcohol and drug service is to improve the physical, mental and social health of people who are dependent on alcohol or drugs.

### **Liber8**

Web: [www.liber8.org.uk](http://www.liber8.org.uk)

Tel: 01698 825114

The aim of Liber8 is to improve the health, wellbeing and the quality of people's lives, with a particular regard to reducing the negative impact of alcohol and substance misuse on the individual, families and communities.

### **South Lanarkshire Council Substance Misuse Service**

Web: [www.southlanarkshire.gov.uk](http://www.southlanarkshire.gov.uk)

Tel: 0303 123 1008

The Substance Misuse Service provides support and care for people experiencing problems with alcohol and/or drugs. Following the assessment process we will discuss with you options about how to best support you in the short and long term.

### **Alcoholics Anonymous**

Web: [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

### **Narcotics Anonymous**

Web: [www.ukna.org](http://www.ukna.org)

### **Gamblers Anonymous**

Web: [www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)