

## > Contact Numbers

### NORTH AYRSHIRE

NHS Addiction Services Stevenston **01294 476162**

NAC Addiction Services **01294 476000**

### EAST AYRSHIRE

NHS Addiction Services –  
Bentinck Centre, Kilmarnock **01563 574237**

Addaction **01563 558777**

### SOUTH AYRSHIRE

NHS Addiction Services, Ayr Hospital **01292 559800**

Addaction **01292 430529**

Ayrshire Council on Alcohol **01292 281238**

RecoveryAyr **01292 612147**

### DUMFRIES & GALLOWAY

Turning Point (Dumfries) **01387 247123**

Turning Point (Stranraer) **01776 700340**

NHS Addiction Services,  
Dumfries & Galloway Royal Infirmary **01387 246246**

Addaction (Dumfries) **01387 263208**

Addaction (Stranraer) **01776 705907**

Action on Drugs & Alcohol (Dumfries) **01387 259999**

Action on Drugs & Alcohol (Castle Douglas) **01556 503550**

Action on Drugs & Alcohol (Stranraer) **01776 702626**

### PEER SUPPORT

Narcotics Anonymous **0300 999 1212**

Cocaine Anonymous **0141 959 6363**

Alcoholics Anonymous **0845 769 7555**

Al-Anon (for relatives) **0141 339 8884**

Lighthouse Foundation, Kilmarnock **01563 521343**

If you would like a translated version of this leaflet, please phone 0131 624 7270 or e-mail [info@sacro.org.uk](mailto:info@sacro.org.uk) quoting reference KIL/398. This leaflet can also be made available in large print or Braille.

In order to make Sacro's services as widely available as possible, we have made every reasonable effort to facilitate easy access to all of our premises for disabled service users. Where this is not possible, we will arrange a suitable, alternative venue.

Bu broşürün çevirisini istiyorsanız, lütfen 0131 624 7270'i telefonla arayın veya [info@sacro.org.uk](mailto:info@sacro.org.uk) eposta gönderip KIL/398 dosya numarasını söyleyin.

اگر آپ کو اس کتابچہ کا ترجمہ درکار ہے تو براہ مہربانی 0131 624 7270 پر ٹیلیفون کریں یا [info@sacro.org.uk](mailto:info@sacro.org.uk) پر ای میل بھیجیں اور ریفرنس نمبر KIL/398 کا حوالہ دیں۔

欲索取這單張的翻譯版本，請電 0131 624 7270，或電郵 [info@sacro.org.uk](mailto:info@sacro.org.uk)，並說明檔案編號 KIL/398。

إذا كنت تريد نسخة مترجمة من هذه المنشورة الرجاء الاتصال برقم الهاتف **0131 624 7270** أو أرسل بريداً إلكترونياً إلى العنوان [info@sacro.org.uk](mailto:info@sacro.org.uk) واذكر الإشارة رقم **KIL/398**

এই পুস্তিকার অনুবাদ যদি আপনি পেতে চান তাহলে 0131 624 7270 নম্বরে ফোন করে অথবা ই-মেইল করে রেফারেন্স নম্বর KIL/398 উল্লেখ করবেন

Jeśli potrzebne jest tłumaczenie w polskiej wersji językowej, bardzo prosimy o kontakt pod numerem 0131 624 7270 lub droga e-mailową [info@sacro.org.uk](mailto:info@sacro.org.uk) podając numer referencyjny KIL/398.

If you are uncertain about anything you have read in this leaflet or require further information, please do not hesitate to get in touch at:

### South West Scotland Drug Arrest Referral Service

**Kilmarnock:** Sacro, Belford Mill, 16 Brewery Road,  
Kilmarnock KA1 3GZ

Telephone: 01563 525815  
Email: [infoayrshire@sacro.org.uk](mailto:infoayrshire@sacro.org.uk)

**Dumfries:** Sacro, 1a Irving Street  
Dumfries DG1 1EL

Telephone: 01387 274290  
Email: [infodumfries@sacro.org.uk](mailto:infodumfries@sacro.org.uk)

**Stranraer:** Sacro, 39 Lewis Street, Stranraer DG9 7AD  
Telephone: 078 0093 4991 / 077 7265 3038

### Office opening hours

Monday to Thursday: 9am – 5pm. Friday: 9am – 4pm  
24 hours, 7 days a week answering service.



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Leaflet ref: KIL/398

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# South West Scotland Drug Arrest Referral Service



## Criminal Justice Services



## > Using drugs causing you problems?

The fact that you have been arrested and/or are appearing in Court on a drugs related offence means drug use is causing you a problem, even if you do not consider yourself dependent.

The Sacro worker will offer you a brief intervention while you are in custody or after you have appeared at court. We can follow this up with another meeting at a time and place that is suitable for you. Once you have had a chat about your specific situation, the worker may suggest referring you to a specialist service and will assist you in doing this and in getting to the appointment if required.

## > Linking with Services

There are various support and treatment services available depending on what you need at the moment, and the key is in getting the right type of support at the right time. What may be appropriate for one person may not be appropriate for another, and you will have your own path for your journey in recovery, whether this means reducing some of the risks you are taking using certain drugs or stopping altogether. The service you choose will assess your needs and advise you of the options available, including:

- Knowledge about drugs and their effects;
- Home Detoxification;
- Substitute prescribing;
- Stabilising your drug intake;
- Preventing relapse;
- Building confidence and self-esteem;
- Issues affecting your life.

Most services will also help you sort out other issues which may be contributing to drug use, such as money problems, housing, lack of training/employment opportunities, and taking the first step in making contact is often the hardest.

## > Linking with Peer Support Groups

Sacro can also link you with groups in the community made up of people who are also recovering from drug use. They can support and encourage you to take the steps necessary to improve your situation, and often the groups meet at times when you need most support, such as evenings and weekends. Contacting the Peer Support helplines overleaf will provide you with times and venues for your area. Someone can arrange to take you to a group or meet you beforehand if you wish.

## > How do Drugs affect your life?

Drugs misuse can: lead to offending behaviour to fund your misuse, result in an increase in health issues, and affect employment, housing, relationships and life choices.

With drug use, you have to consider where, when and who you are taking them with. Be aware of some safety issues which could reduce your risks if you are choosing to continue to use drugs.

## > Reducing the Risks

- Don't use drugs alone;
- Use low doses infrequently;
- Know the dangers of using 'legal highs';
- Consider your options to cut down or stop;
- Choose smoking over injecting;
- Always use a clean needle (available from Needles Exchanges in your area);
- Consider having a home overdose kit with you.

## > Confidentiality

Any information that you share with the Sacro worker will remain confidential and will not be disclosed to the police or any third party without your written consent. The exception to this rule is where you inform the Sacro worker of a serious criminal offence which has been, or may be committed or where there is a risk of harm to yourself or others.



## > About Sacro

Sacro's mission is to be a community-based organisation that will create safe and cohesive communities by reducing conflict and offending.

Sacro provides a range of Criminal Justice, Community Mediation and Youth Justice services to reduce conflict and offending. These include services to enhance community safety and to address the harm caused by crime, drawing on restorative justice principles.

Sacro services are based on research evidence, user feedback, international standards of good practice and a commitment to development and innovation.

Sacro works with a broad range of people, including those harmed by crime and those responsible for that harm. Where appropriate, it works in partnership with local authorities and other service delivery agencies who share its values.

To find out more about Sacro and the valuable services it provides, please visit our website at:

[www.sacro.org.uk](http://www.sacro.org.uk)