

## Our Professional Standards

We work hard to offer a high quality of service to each service user. To do this we ensure that our staff:

- respect our service users as individuals
- receive appropriate training
- receive clinical supervision
- adhere to COSCA Code of Professional Conduct and Ethics
- adhere to locally agreed confidentiality and information sharing processes
- adhere to the Quality Principles for alcohol and drugs services



## Please Get in Touch With Us

### Alcohol Issues

If you wish help to deal with an **alcohol** problem, simply telephone us to arrange an individual face-to-face or telephone consultation with a member of our Talking Therapies team.

Alternatively, ask your GP, employer, social worker, solicitor, family member or friend to contact us on your behalf.

### Drugs Issues

If you wish help to deal with a **drug** problem, you need to be an existing user of services of either Addaction or the NHS Specialist Drug and Alcohol Service. Please speak to your worker and ask them to refer you to the ADS Talking Therapy Service.

**Alcohol and Drugs Support  
South West Scotland  
225 King Street  
Castle Douglas  
DG7 1DT**

**Services across  
Dumfries and Galloway**

**Alcohol and Drugs Support South West Scotland**

## Talking Therapy Service



**Alcohol and Drugs Support  
South West Scotland**

**Delivering Services Across  
Dumfries and Galloway**

**Tel: 01556 503550**

**[www.adssws.co.uk](http://www.adssws.co.uk)**



**Recognised Partner**

Company Limited by Guarantee: 227133  
Scottish Registered Charity: 022925

## Who Are We?

Alcohol and Drugs Support South West Scotland [ADS] is affiliated to Alcohol Focus Scotland, the country's National Alcohol Charity.

We are also an organisational member of COSCA, the Professional Body for counselling standards in Scotland. If your life is affected in any way by alcohol or drug problems we may be able to help.

## What Can We Offer You?



We offer a safe and private space in a relaxed and confidential setting, with a trained Talking Therapist [counsellor] who will help you explore your present situation in a non-

judgemental way. We can also offer Talking Therapies by telephone.

Engaging in the Talking Therapies / Counselling process will give you the opportunity to clarify, assess and make sense of present issues affecting your life.

## Maybe Ask Yourself ...Do I?...

- Suffer from health or fitness problems related to drink or drugs
- Experience difficulties with money
- Feel unable to cope without a drink or drugs
- Have rows with family and friends



- Drink or take drugs to forget difficult problems
- Become irritable or upset without a drink or drugs
- Face severe medical, legal, relationship or employment problems

## How Do We Define Alcohol / Drug Problems?

## What You Can Expect from ADS

- Information and advice about alcohol and drugs and their effect on your health
- Specialist, qualified and trained Talking Therapists offering a range of therapeutic approaches
- A professional and confidential service, in person and / or by telephone
- An initial assessment and where appropriate, the opportunity to engage in face-to-face and /or telephone Talking Therapy
- Access to a range of other ADS Services, including Mentoring, Peer Support and Life Development Groupwork
- Where appropriate, joint working with the NHS Specialist Drug and Alcohol Service

