

## About the ADS Talking Therapy Team

Our specialist, qualified, experienced Talking Therapists will offer a range of therapeutic approaches during their work with you. They work hard to offer a high quality of service to anyone in need of support with alcohol or drug issues, or who wishes to reduce their alcohol or drug use.



-  They receive ongoing training and professional development
-  They receive clinical supervision
-  They adhere to all professional standards
-  They provide a professional and confidential service, by telephone, webcam or in person [subject to COVID restrictions]
-  They can provide sessions outwith normal office hours
-  They will work with other recovery services to make sure you are getting the best support and treatment possible

## ADS Talking Therapies Service

**Are you struggling with alcohol or drugs problems?**

**Feeling that you can't cope?**

**The ADS Talking Therapy team can help.**



## What is Talking Therapy?

Talking Therapy, also known as counselling, is a personal, one-to-one relationship in which you can explore your thoughts and feelings with someone who has the skill to help you. It is not an advice service.

As you actually know more about yourself than anyone else does, the Talking Therapist will ask you about you. They will also explore how you usually approach problems.

The Talking Therapist may invite you to explore your thoughts in a little more detail.

In doing so you may discover thoughts and ideas that you were not aware of before.

Those new thoughts can bring the opportunity to make decisions and take the best path for you.



## How to make an appointment?

 Call us on **01556 503550** covering Dumfries and Galloway

 Email us at: [enquiries@adssws.co.uk](mailto:enquiries@adssws.co.uk)

 Or through our website contacts page at [www.adssws.co.uk](http://www.adssws.co.uk)

We can then tell you more about our work, take some details from you and organise a first appointment at a convenient time.

