



Is someone you care about misusing alcohol or drugs?

Scottish Families Telehealth Service

Free, confidential advice and support via email, telephone and Skype to family members, aged 18 or over, affected by a loved one's alcohol or drug misuse in remote and rural locations.

This service is provided by trained, experienced professionals and is available to anyone who may not otherwise have access to services. It aims to reduce social isolation, increase support networks and improve health and wellbeing for family members.

*For further information
and to access the service
contact Scottish Families helpline:*



www.sfad.org.uk