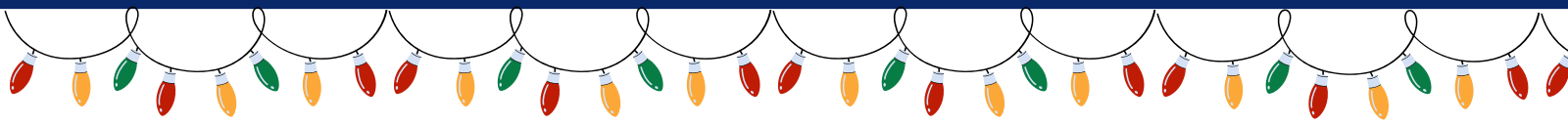


Alcohol and Drug Snapshot

December 2024



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Christmas is said to be a time for connecting with friends, family and having fun. It can also be one of the toughest times of the year for people who are affected by alcohol and drugs.

Money worries, anxiety, loneliness, grief and difficult relationships are just a few of the factors that can make this time more difficult.

In addition to this people may not be able to access the services that would normally offer support, if they are closed during the festive period.

'12 days of Harm Reduction'

Over the next 12 days (5th - 20th December) we will be circulating daily editions of the Snapshot. Each edition will share harm reduction messages alongside a range of support services that are available across Greater Glasgow and Clyde over the festive period. Topics will include;

- Support for families
- Support for young people
- Staying safe on a night out
- Alcohol and drug harm reduction messages
- GGC Alcohol and Drug Services
- Information and support for staff



Please note that the services listed across our resources are a guide and opening times may change. If you or someone you know need an immediate response, please call the emergency services on 999.

Support Services and Websites



Alcohol and Drug Recovery Services (ADRS) provide a range of treatment and care options for individuals who are affected by their own or someone else's alcohol and/or drug use.



Scottish Families support anyone who is concerned about someone else's drug or alcohol use.



Simon Community provide information, advice, care, support, accommodation and homes to people experiencing, or at risk of, homelessness.



Breathing Space advisors provide listening, information and advice for people in Scotland feeling low, stressed or anxious.



Samaritans offer free and confidential support 24 hours a day.



Know the score is a website that provides information and support on drugs.



We Are With You offer free, confidential advice on drugs or alcohol.