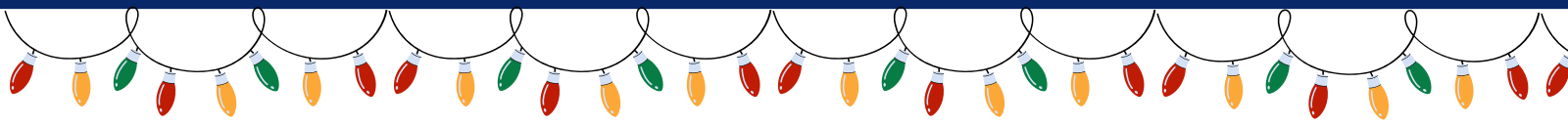


# Alcohol and Drug Snapshot

December 2024



*Click on images to download information*



As our '12 Days of Harm Reduction' comes to an end. The NHSGGC Alcohol and Drugs Health Improvement Team would like to wish you a safe and healthy festive period.

Remember you are not alone and that support is available.



## Alcohol and Drug Health Improvement Website



All copies of '12 Days of Harm Reduction' can be downloaded from our NHSGGC Alcohol and Drug Health Improvement Website.

## 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.