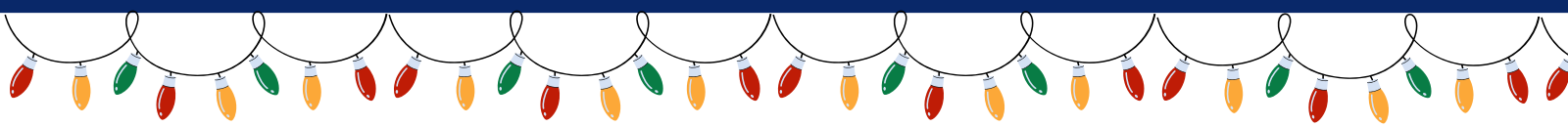


Alcohol and Drug Snapshot

December 2024



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The festive period can be time of joy however for some families it can bring challenging circumstances and be a time of increased worry about loneliness, finances or not having contact with their usual support systems. This can also be a time of increased presence of alcohol and drugs.



Remember, it's ok to prioritise your own wellbeing and that there is always help available.

Christmas Support Booklet for Families



Scottish Families affected by Alcohol and Drugs (SFAD) have developed a Christmas support booklet. This short booklet shares SFAD Christmas Helpline information and some helpful contacts. Alongside information for planning for Christmas including taking time for yourself.

What to do in an emergency

If someone feels unwell after drinking alcohol or taking drugs take action by getting the person medical help as soon as possible. Call 999 and never hesitate to get help if you need it.

For further information on what to do in an emergency including how to recognise the signs and symptoms, download a copy of '12 Days of Harm Reduction - Day 5' from the [Alcohol and Drug Health Improvement Website](#).



Support for Families



Scottish Families support anyone who is concerned about someone else's drug or alcohol use. The helpline on 08080 10 10 11 will be closed 24th-26th of December and the 1st of January.



We Are With You offer free, confidential advice on drugs or alcohol. Webchat is an accessible, free and anonymous service for anyone over the age of 13 who is in need of drug, alcohol or mental health support. This service will be open every day except Christmas day.



FASS provides support to families across Glasgow who may be in anyway affected by a family member's drug and alcohol. This service will closed 25th, 26th December and 1st, 2nd of January 2025.

Alcohol and Drug Recovery Services (ADRS)



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.