



IF YOU THINK YOU HAVE A PROBLEM TAKE ACTION!

If you are concerned about your own or someone else's substance misuse, you should talk to a Counsellor in confidence. Just talking to someone who has the time to listen constructively can help to relieve you of some of the burden of any worries you may have - even if it is only to get information, advice and/or guidance. We have experienced Counsellors who can help.

Remember that many people have succeeded in harm reduction or stopped their drugs use altogether — and experienced marked improvements in their life as a result. **You need be no exception.**

Our office hours are:

Monday to Friday 09.30 a.m. to 5.00 p.m.

Appointments can be arranged for evenings and weekends.

ORKNEY ALCOHOL COUNSELLING & ADVISORY SERVICE

We offer:

- General Information and Advice
- One-to-one Counselling
- Counselling for Relationships (Families/Partners/Friends)
- Support Groups
- Youth Counselling Service
- In School Counselling

If you require our assistance or want to find out more about what we offer:

- Telephone to arrange an appointment
- Drop in to see us

You can also ask a friend, relative or your GP, employer, social worker, solicitor to make an appointment for you.

All Counselling is confidential & free of charge



British Association for Counselling & Psychotherapy

"As an Organisational Member of BACP we are bound by its Ethical Framework for Good Practice in Counselling and Psychotherapy, the Ethical Guidelines for Researching Counselling and Psychotherapy, and subject to the Professional Conduct Procedure for the time being in force."



Are You Experiencing Problems Because of Substance Misuse?

There is Help Available

Contact:

Orkney Alcohol Counselling & Advisory Service

6 BRIDGE STREET WYND, KIRKWALL

Tel: 01856 874738

Fax: 01856 871011

E-mail: enquiries@oacas.org.uk

www.oacas.org.uk

We Can Help

WHO ARE WE?

We are an independent, voluntary organisation. We help people who are suffering from the effects of substance misuse.

These substances may be:

- Drugs - prescription or illegal
- Solvents
- Aerosols

This misuse may be by **either** their own use, or because someone they are close to (spouse, family member, friend) is using drugs.

We can assist those who want to reduce and/or terminate their substance misuse; maintain their rehabilitation; and help with relapse problems.

Our aim is to limit the effects of substance misuse on individuals, families and the community, by providing a range of services and activities.

WHO DO WE HELP?

Anyone who is in need of information, advice, support or Counselling for themselves, a family member, relative or friend. It does not matter how old you are, whether you are still at school or retired, what occupation or lifestyle you have, whether you are male or female, married or not.

The service is open to **everyone**, is **free**, and **confidential**.

WHAT DO WE OFFER?

- i) **Information**
- ii) **Advice**
- iii) **Counselling**
- iv) **Support**

WHAT IS COUNSELLING?

One definition of Counselling is “a purposeful relationship in which one person helps another to help himself or herself”. Because people are individuals they have different capabilities for dealing with difficulties. Counselling is geared to meet these different individual needs.

The Counsellor is a professional trained to help people address substance misuse related problems. He or she will be sympathetic and understanding but will take an objective view of the situation.

HOW DO WE OPERATE?

We operate from discreet, but easily accessible premises at 6 Bridge Street Wynd, in Kirkwall. The atmosphere is relaxed, friendly and informal. Counselling is carried out on a **one-to-one** basis and is confidential. There are only two people in the room: you and the Counsellor. There is no one else present unless you choose to bring someone else along with you.

You may contact us by phone, to make an appointment or speak to a Counsellor, or just drop-in to the Centre.

Outside of office hours, there is an answer-phone service - you may wish to leave a phone number or an address at which you can be contacted. Appointments can also be arranged for evenings and weekends. In exceptional circumstances a Counsellor may visit you at home.

Remember the service is **free and confidential**.

SUBSTANCE MISUSE

Substances must be treated with respect. The misuse of substances can lead to wide ranging problems and considerable difficulties in various areas of our lives: relationships with family and friends, employment, finances, health (physical and psychological) and involvement with the law, amongst others. Even small infrequent amounts of substance use affects the behaviour of individuals to some extent.

Most people who develop a substance misuse problem would previously have considered themselves to be only a ‘recreational user’. The question is: what caused the change?

Substance abuse/misuse problems can occur for a variety of reasons. It’s not only a matter of the **amount** or **type** of substance used, but of **how**, **why** and **where** substances are used, and the company they are used in.

6 Bridge Street Wynd	Phone: 01856 874738
Kirkwall	Fax: 01856 871011
Orkney	e-mail: enquiries@oacas.org.uk
KW15 1JD	Web: www.oacas.org.uk