

Orkney Alcohol Counselling & Advisory Service

We offer:

General Information and Advice

One-to-one Counselling

Counselling for Couples and Families

Support Groups for individuals affected by another's alcohol misuse.

Young Person's Counselling service.

In Schools Counselling

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

Telephone for a confidential discussion

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 and 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."

OACAS

Orkney Alcohol Counselling & Advisory Service

Who are we?

6 Bridge Street Wynd
Kirkwall
Orkney
KW15 1JD

Tel: 01856 874738

E-mail: enquiries@oacas.org.uk

Web: www.oacas.org.uk



Counselling & Psychotherapy



A Charitable Company Limited by Guarantee. Registered in Scotland No 253579
Recognised by the Inland Revenue as a Scottish Charity No SC034585

WHO ARE WE?

We are an independent voluntary organisation. We help people who are suffering from the effects of alcohol and/or drugs misuse, **either** through their own misuse or because someone they are close to (spouse, family member, friend) is misusing alcohol and/or drugs.

We also encourage those who do drink alcohol, to do so responsibly, within safe limits and without causing harm to themselves or others.

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

We also provide generic 'Lifestyle Issues' Counselling for other problems such as anger, stress, relationships, low self-esteem, bereavement, depression, gambling addiction....etc... problems which often can and do lead to substance misuse.

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 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 and supervised to help people address alcohol and drug 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 a discreet, but easily accessible premises in Bridge Street Wynd, Kirkwall. Alternatively a Counsellor can see you by arrangement in Stromness. The atmosphere is relaxed, friendly and informal. Counselling is usually 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 to speak to a Counsellor, or just drop in. Outside 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 be arranged for during the daytime, evenings or weekends - whatever is most suitable. Remember the service is **free and confidential**.