

IF YOU THINK YOU HAVE A PROBLEM TAKE ACTION!

If you are concerned about your own or someone else's drinking, 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 controlling their drinking or stopping 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."

Affiliated to:



Are You Experiencing Problems Because of Alcohol?

There is Someone Who Can Help!

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 alcohol misuse, **either** through their own excessive drinking or because someone they are close to (spouse, family member, friend) is drinking too much.

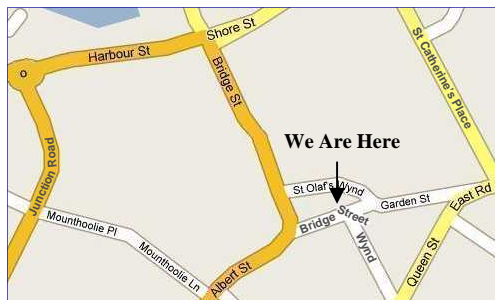
We also encourage those who do drink, to do so responsibly, within safe limits and without causing harm to themselves or others.

Our aim is to limit the effects of alcohol 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 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 alcohol 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 in Bridge Street Wynd. 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.**

SOME BASIC FACTS ABOUT ALCOHOL

Alcohol is the most widely used behaviour-altering drug in our society. (90% of adults in Scotland drink it) and most people enjoy it without coming to any harm. It is hardly surprising that people often ask: “What’s wrong with having a drink?” The answer is nothing: if it is taken sensibly and appropriately.

Alcohol is a drug and must be treated with respect. Alcohol misuse 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 amounts of alcohol affect our behaviour to some extent.

Most people who develop an alcohol problem would previously have considered themselves to be ‘social drinkers’. The question is: what caused the change?

Drinking problems can occur for a variety of reasons. It’s not just a matter of the **amount** we drink, but of **how**, **why** and **where** we drink, the people we drink with, the places we drink in, how we feel when we drink and how alcohol affects our behaviour.

6 Bridge Street Wynd
Kirkwall
Orkney
KW15 1JD

Phone: 01856 874738
Fax: 01856 871011
Email: enquiries@oacas.org.uk
Website: www.oacas.org.uk