

EDINBURGH & LOTHIAN COUNCIL ON ALCOHOL

Are you working with people who are struggling with their drinking? Past or present.

Are you working with people who are struggling emotionally with supporting someone with an alcohol problem or have been affected by someone's alcohol problem – past or present?

ELCA can offer the following support:

Drop-In Service

- Provides information and advice about alcohol and its effect
- Offer quick access to an experienced drop-in worker on a 1-1 basis
- Explore what counselling can offer; along with options about other supports available
- Service is free and confidential
- Available: Mondays 2pm – 4pm: Wednesdays 3pm – 6pm & Saturdays 10am – 1pm

Counselling Service

ELCA offers a 1-1 counselling service for anyone worried about their own or someone else's alcohol problem. Counselling can offer people a space to explore their thoughts and feelings around their substance misuse and how their life has been affected by this. It also gives them an opportunity to explore some of the underpinning reasons why they have or have used alcohol to cope e.g. anger, loss, relationships, bereavement, self-esteem and past or present emotional, sexual or physical abuse.

ELCA offers our counselling service in the following locations:

- City Centre: Monday, Wednesday, Thursday 9am – 9pm: Tuesdays 9am to 5pm: Fridays 9am to 1pm: Saturdays 9.30am to 1.30pm
- North East: Link Up – Tuesday morning
Mountcastle Health Centre, Tuesday afternoon
Craigmillar Health Centre, all day Tuesday,
North East Recovery Hub Wednesday afternoon
- North West South Queensferry Medical Centre, Tuesday morning
Crewe Medical Centre, Thursday afternoons
- South East Gracemount Medical Centre, Wednesday afternoon
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- South West: Westerhailes Healthy Living Centre, Monday morning
Sighthill Health Centre, Thursday afternoons

Currently we don't have a waiting list at our Rose Street offices; and **have appointments available** and limited availability in some of our community bases.

Telephone Support

Offers 30 minute telephone support to enable people to focus on their alcohol issues. The amount of sessions can range from 1 up to 4. Some of the key issues people may want to discuss could be:

- Information on alcohol
- Drinking patterns
- Changing the way they drink
- Reducing harm
- Stopping or controlled drinking
- Relapse prevention
- Finding out about ELCA's Services or other organisations that may be useful to them

Women's Alcohol Recovery Group

The Group is for any woman who is concerned about her past or current drinking and wants to make changes. The focus of the Group is recovery and will focus on building healthier coping strategies and develop life skills e.g.

- Abstinence
- Anxiety Management
- Confidence Building
- Controlled Drinking
- Coping Skills
- Lifestyles Changes
- Peer Support
- Positive Thinking
- Relapse Prevention
- Relaxation Techniques

Men's Recovery Group

The Group is for any man who is concerned about his substance use and who wants to change his habits. Some men want to cut down while others aim to give up completely. The Group will look at a range of recovery topics to build up healthier coping strategies and develop life skills some of which are the same as the Women's Group. But there will also be an opportunity for group members to suggest other topics for discussion.

Who we work with

- Anyone over the age of 18 years or older
- Anyone concerned about their own or someone else's alcohol problem (past or present)
- Counselling clients must be in a position to attend regular counselling sessions and be willing to reflect on their emotions.

Referrals

We accept self-referrals or agency referrals either by phone, email or via ELCA's Drop-In Service. Please note that we can offer our counselling service to people whose first language is **Polish**.

Contact

If you would like any more information about ELCA's services please do not hesitate to contact us:

- Telephone: 0131 337 8188
- Email: elca@btconnect.com
- Address: 91 Rose Street, Edinburgh EH2 3DT