

EAST AYRSHIRE
ALCOHOL & DRUGS
PARTNERSHIP

Your mental health matters to us

If you're in recovery from alcohol and/or drug use, we can help to support your mental health and wellbeing by:

- building a trusting and safe relationship with you
- taking time to listen to you
- working with you to find solution to your difficulties
- offering information and supporting you to develop skills for managing difficult and overwhelming emotions
- helping you to access the right support at the right time in your journey

For more information, please speak to a member of staff.