

Get in touch

HMP Kilmarnock
Mauchline Road
Kilmarnock
KA1 5AA

We Are With You Ayrshire
1st Floor
3 Killoch Place
Ayr
KA7 2EA

Call
0800 304 7019 (This number is free to call)

Email
AyrshireNavigators@wearewithyou.org.uk

Drop-in for a chat

You can find our drop-in times on the notice boards throughout the prison.

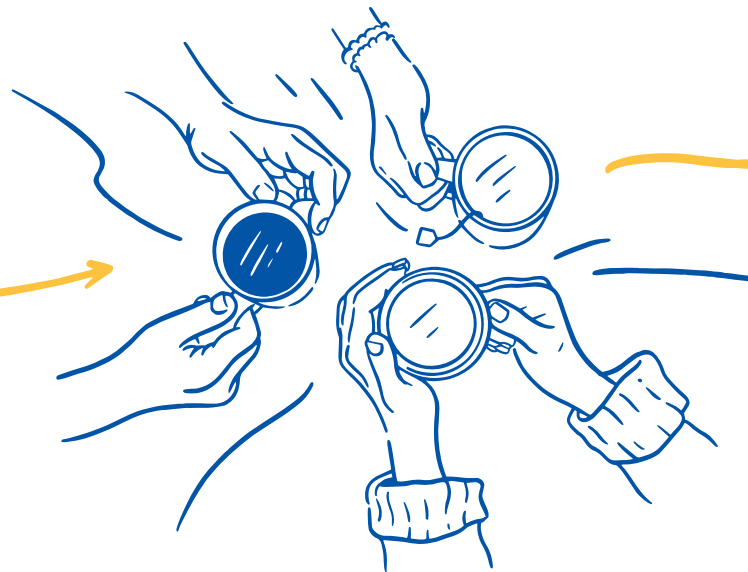
Your Navigator:
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We are With You in Ayrshire

We provide free and confidential support to people returning to Ayrshire and experiencing issues with drugs, alcohol or related offending. We work with you on your own goals, whether that's staying safe and healthy, making a small change or stopping an unwanted habit.

Want to chat? We are With You.

wearewithyou.org.uk



We will work with you to make a change

Our Community Navigator Project is a free and confidential service for people on remand or a long term sentence with no statutory through-care and returning to Ayrshire.

**we are
withyou**

Come and visit our free, confidential service and talk to one of our trained Community Navigators

We're here to listen, help and support you to prepare for release and to reintegrate into your community. We provide support in prison around drugs and alcohol, relapse and ways of coping and can connect you to the services you require both in prison and on release.

Who's this service for?

This service is for you if you're returning to Ayrshire and:

- on remand
- on a long term sentence with no through-care
- worried about your drug use, alcohol use, or both
- want to make positive changes and stay out of prison

How can we help

- help you to prepare for release
- support you to reintegrate into your community
- link you to services in prison and in the community
- provide gate pick up if required

What happens when you visit us for the first time

When you first visit us, our navigators will work with you to identify your goals and plans whilst in prison and help you to plan for release.

We will work together to find out what help you need now, and what plans you want to make for the future. Some of the support we can offer includes one-to-one and group sessions on:

- drug and alcohol harm reduction
- dealing with triggers
- reducing offending behaviours
- preparing a pre-release plan
- keeping yourself safe in prison and in the community
- peer support and recovery communities

**need
to talk?
we are
withyou**

Talk to us online

Whether you need information for yourself or advice to support a friend or relative our webchat service is here for everyone.

Start a webchat by clicking on the chat button on the bottom right hand side of our website. You can access webchat on your laptop or mobile.

We've used our webchat service to speak to over 11,000 people in need

