



**Needing help to
support a friend
or relative?
we're WithYou**

withyou every step of the way

We can offer you one to one support if you are worried about someone else's drug or alcohol use. We can also tell you about our family training programme (CRAFT)

Contact us for more details:

Tel: 0800 028 6664 or visit us at 125 High Street, Galashiels, TD1 1RZ between 9am and 5pm Monday to Friday

wearewithyou.org.uk