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When I look back at how I am now compared to where I was, I feel I'm the person I always wanted to be.

— withyou client

Get in touch

If you're looking for support, please don't hesitate to reach out to us.

Address

125 High Street
Galashiels, TD1 1RZ

Phone number

0800 028 6664
(This number is free to call)

Opening times

Monday to Friday
9am – 5pm

Follow us on social media



We Are With You. A registered charity in England (1001957) and Scotland (SC040009), and a private company incorporated in England & Wales with company number 02580377. Registered office: Part Lower Ground Floor, Gate House, 1-3 St. John's Square, London, England, EC1M 4DH.

withyou every step of the way

We provide free and confidential services, without judgement, to people experiencing challenges with drugs and alcohol.

withyou

wearewithyou.org.uk



withyou in the Scottish Borders

Our service provides tailored support for people facing challenges with drugs or alcohol.

withyou is a positive place where you can connect with others and get friendly, expert help. We will work side by side with you to make sure the right support is available, when you need it.

wearewithyou.org.uk

What we do

We work with you on your own goals, whether that's staying safe and healthy, making small changes or stopping a harmful habit altogether.

The services we provide in the Scottish Borders include:

- ✓ **One to one support** with a trained recovery worker who will support you to work towards your goals
- ✓ **Mutual Aid Partnership (MAP)** is a weekly peer support group that takes place in-person and online
- ✓ **Support for family and friends** who are concerned about someone else's drug or alcohol use
- ✓ **IEP, BBV testing & Naloxone training**

A safe space

Here at **withyou**, we want you to feel safe and comfortable when seeking support, and your privacy is really important to us.

Everything you tell us, whether in person or online, is confidential. The only time this might change is if we have serious concerns about your own or someone else's safety.

Chat to us online

You can also access support seven days a week via our free, confidential webchat service: wearewithyou.org.uk

Whether you need advice for yourself or to support a friend or relative, we're withyou.

