



Get in touch

Phone us on
0800 028 6664
to make an appointment
or drop into
**125 High Street,
Galashiels, TD1 1RZ.**

When someone you care about is facing challenges with drugs or alcohol, it's natural to want to be there for them. But it's important to remember to prioritise your own wellbeing too.

By caring for yourself, you create even more capacity to be a source of strength for others.

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.

**Worried about a loved one's drug or alcohol use?
We are *withyou*.**



withyou
in the Borders

wearewithyou.org.uk

About withyou

WithYou is a charity that provides free, confidential support to people facing challenges with drugs, alcohol or mental health.



Reach out to a service like withyou. It helped me a huge amount. The staff listen and they're not judgmental.

— Client, withyou in the Scottish Borders

In the Borders, we provide support for people who are concerned about the drug or alcohol use of a family member.

You can speak to a specially-trained family support practitioner who can offer:

- Advice on how to talk to someone about their alcohol or drug use, including what to say, what reactions to expect and where to get support for them and yourself
- One-to-one meetings
- Community Reinforcement and Family Training (CRAFT)



Expert advice is just a click away

We know that many people find the thought of attending an in-person service overwhelming, and that it's not always easy to find support outside of working hours. Through our free webchat service, you or your loved one can speak to us about any challenges with drugs, alcohol or mental health.

Visit wearewithyou.org.uk to chat with us today.