It took eleven years of living with my partner’s addiction and for it to almost destroy us both for me to finally realise that I needed my own support – to begin to help me recover.

RIGHT NOW
You may want to check out a few mutual help meetings too.
Use one of the contacts above for more information.
It affects us all

Chemical dependency doesn’t only affect the dependent person, it also affects the entire family.

We think it is important that the needs of all the family members, and those in close relationships with patients, are recognised and attended to.

Questions

• Do you lack information about the nature of chemical dependency?
• What does the treatment at LEAP involve?
• Do you want answers on how you can begin to heal from the emotional pain caused by living with someone who is chemical dependent?

Answers

We are a group of people with similar concerns who meet on Wednesday and Thursday evenings from 6:30 – 8:30pm at LEAP.

We meet to find answers to these questions and hopefully any others that you may have.

Aims of the group

• To help families develop insight into the ‘whole family’ dimension of chemical dependency.
• Realise that recovery is possible, for families as well as for the chemically dependent person.
• Develop strategies to build and reinforce the recovery resources of their family systems.
• Support each other.

We offer

We offer continuous, open-ended support which includes audio-visual presentations, talks by guest speakers, and discussions facilitated by a member of the LEAP team.

Members also have the opportunity to talk informally to others in a similar position over tea/coffee and to benefit from each other’s experience.

Getting here

Lothian Buses routes 5, 11, 15/15A, 16 and 23 all run from Morningside Road. Woodlands House is a short walk along Canaan Lane.

There is free parking in the Astley Ainslie Hospital site but spaces are often limited.