

CONTACT FORM

If you wish to be included in this important part of the LEAP programme, or simply wish to find out more, please contact us by telephone, e-mail, or by completing and returning this tear-off slip.

Kind regards,

The LEAP therapeutic team.

Name _____

Address _____

Post Code _____

Tel. _____

Email _____

Please return in a stamped envelope to:

LEAP Families & Friends
Woodlands House,
Astley Ainslie Hospital
74 Canaan Lane
Edinburgh EH9 2TB

CONTACT

Woodlands House, Astley Ainslie Hospital
74 Canaan Lane, Edinburgh EH9 2TB

Tel. 0131 446 4400

Email

leap.programme@nhslothian.scot.nhs.uk

OTHER USEFUL CONTACTS

Al-Anon Helpline

020 7403 0888
www.al-anonuk.org.uk

Families Anonymous Helpline

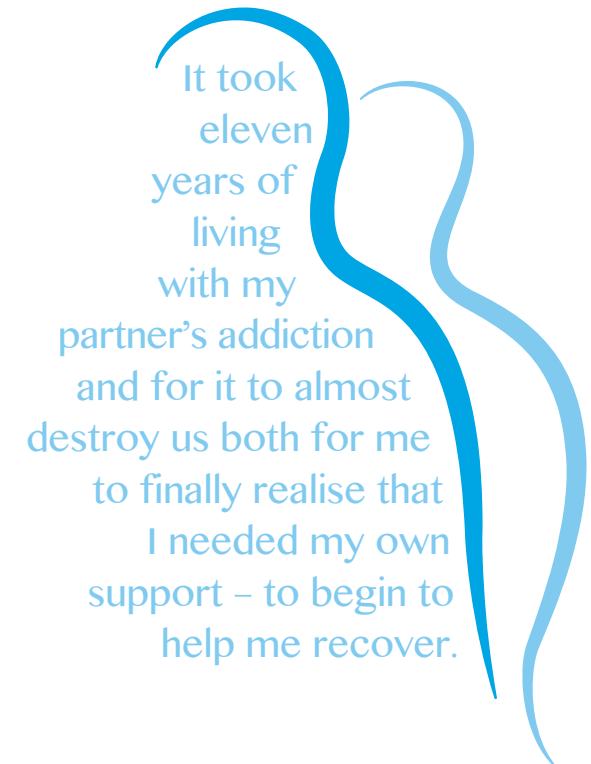
0845 1200 660
famanon.org.uk

Family Support Addictions

0131 622 6666
www.vocal.org.uk/addictions

Scottish Recovery Consortium

www.sdrconsortium.org



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RIGHT NOW

You may want to check out a few mutual help meetings too.

Use one of the contacts above for more information.

Lothians & Edinburgh
Abstinence Programme

Family & Friends 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

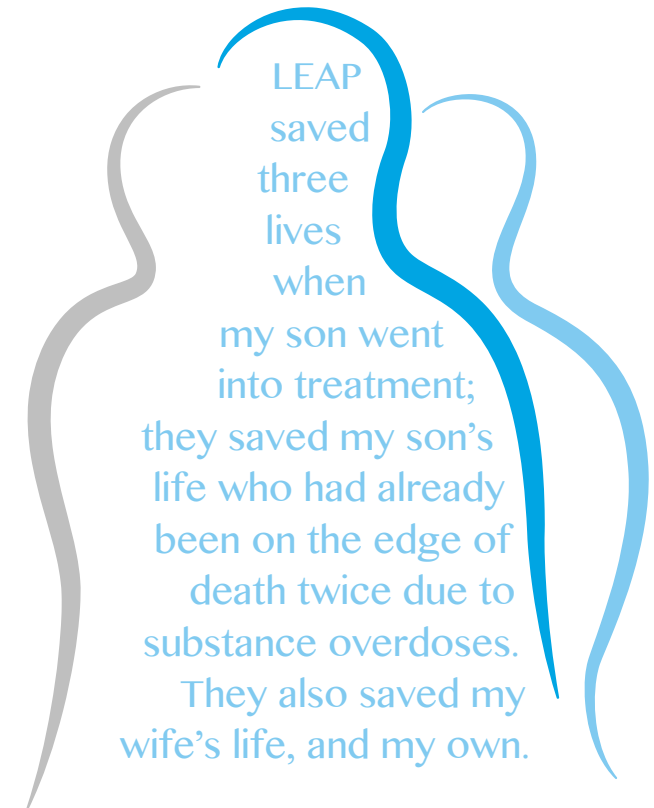
We offer continuous, open-ended support which includes audio-visual presentations, talks by guest speakers, and discussions facilitated by a member of the LEAP team.

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.



LEAP Family & Friends Group
6:30 - 8:30pm on Wednesday
and Thursday evenings

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