



## LEAP Family & Friends Group



Visit our website for more information at <https://services.nhsllothian.scot/leap/> or scan the QR code.

**Al-Anon Helpline:** 08000 086 811  
[www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)

**Families Anonymous Helpline:** 02074 984 680  
[famanon.org.uk](http://famanon.org.uk)

**Family Support Addictions:** 0131 622 6262  
[www.vocal.org.uk/addictions](http://www.vocal.org.uk/addictions)

**Scottish Recovery Consortium:** 0141 552 1355  
[www.sdrconsortium.org](http://www.sdrconsortium.org)

**Scottish Families Affected by Alcohol & Drugs Freephone:**  
08080 10 10 11  
[helpline@sfad.org.uk](mailto:helpline@sfad.org.uk)

It took eleven years of living with my partner's chemical dependency, 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.



## 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 them as well as for the chemically dependent person.

- Develop strategies to build and reinforce the recovery resources of their family systems.
- Support each other.

## What 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, 23 and 36 all run to and from Morningside Road. Woodlands House is a short walk along Canada Lane from Morningside Road.

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



LEAP saved three lives when my son went into treatment; they saved my son's life, who had already been on the edge of death twice due to substance overdoses. They also saved my wife's life, and my own.

LEAP Family & Friends Group 6.30pm-8.30pm on  
Wednesday and Thursday evenings

Choose leap  
Choose life