

If you or someone you know would like a copy of this document in another language or format, (on occasion only a summary of the document will be provided in translation), this can be arranged by contacting  
The Communications Team on 01738 476894

إن احتجت أنت أو أي شخص تعرفه نسخة من هذه الوثيقة بلغة أخرى أو تصميم آخر فيمكن الحصول عليها (أو على نسخة معدلة لمخصص هذه الوثيقة مترجمة بلغة أخرى) بالاتصال ب:  
الاسم: The Communications Team  
رقم هاتف للاتصال المباشر: 01738 476894

اگر آپ کو یا آپ کے کسی جاننے والے کو اس دستاویز کی نقل دوسری زبان یا فارمیٹ (بعض دفعہ اس دستاویز کے خلاصہ کا ترجمہ فراہم کیا جائے گا) میں درکار ہے تو اس کا بندوبست سروس ڈیولپمنٹس The Communications Team سے فون نمبر 01738 476894 پر رابطہ کر کے کیا جاسکتا ہے۔

如果你或你的朋友希望得到這文件的其他語言版本或形式 (某些時候，這些文件只會是概要式的翻譯)，請聯絡  
The Communications Team 01738 476894  
來替你安排。

Jeżeli chciałbyś lub ktoś chciałby uzyskać kopię owego dokumentu w innym języku niż język angielski lub w innym formacie (istnieje możliwość uzyskania streszczenia owego dokumentu w innym języku niż język angielski), Proszę kontaktować się z  
The Communications Team 01738 476894

P ejete-li si Vy, anebo n kdo, koho znáte, kopii této listiny v jiném jazyce anebo jiném formátu (v n kterých p ípadech bude p eložen pouze stru ný obsah listiny)  
Kontaktujte prosím The Communications Team 01738 476894 na vy ízení této požadavky.

Если вам или кому либо кого вы знаете необходима копия этого документа на другом языке или в другом формате, вы можете запросить сокращенную копию документа обратившись  
The Communications Team 01738 476894

Ma tha thu fhèin neo duine a dh'aithnicheas tu ag iarraidh leth-bhreacadan phàipear seo ann an cànan eile neo ann an cruth eile, (aig amannan cha bhith ach gearr-chunntas a-mhàin ri fhaighinn air eadar-theangachadh) faodar seo fhaighinn le bhith a' cur fios gu:  
The Communications Team 01738 476894



Council Text Phone Number 01738 442573

All Council Services can offer a telephone translation facility

Designed by Chief Executive's Service (2009681 - Mar 10)

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Team Leader  
Drug and Alcohol Team  
Perth & Kinross Council  
Highland House - Suite A3  
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PERTH  
PH1 5YA

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## Drug and Alcohol Team

# Where can I go for advice and support about my alcohol and/or drug use?

Working In Partnership to Achieve Positive Change



Housing & Community Care

# What do the Drug and Alcohol Team do?

The Perth & Kinross Council Drug and Alcohol Team work with people to support positive change and to reduce harm caused by drug and/or alcohol use. We offer a free service to residents of Perth and Kinross who are:

- Over 16 years of age
- Would like support to help with recovery from drug and/or alcohol use

# What Can We Offer?

- An individual assessment
- A personal care plan which is based on the assessment and agreed with you
- Advice and information
- Emotional and practical support
- Counselling
- Finding new ways to cope
- Group based support
- One to one based support
- Access to complimentary therapies
- Information about drugs and/or alcohol
- Learning and lifestyle opportunities

# How can you access the Service?

You can contact us directly by telephone on **01738 474455** or email us at **daservices@pkc.gov.uk** to make a self referral or return the information slip attached by freepost.

You can be referred to the Drug and Alcohol Team by a wide variety of individuals including Perth and Kinross Access Team, General Practitioners and other doctors, community mental health teams, social work services, criminal justice services, prison services, voluntary agencies, children's services and housing services.

You can contact the Perth and Kinross Access Team by telephone on 0845 30 111 20 or visit Access Team at Pullar House, 35 Kinnoull Street, Perth from Monday to Friday 9.00 am to 5.00 pm.

The Drug and Alcohol Team will make every effort to contact you as quickly as possible upon receipt of referral.

Name \_\_\_\_\_

Address \_\_\_\_\_

Tel no \_\_\_\_\_

What would you like support with? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Data Protection Act 1998**  
In terms of the Data Protection Act 1998, you are entitled to know what personal information Perth & Kinross Council hold about you, on payment of a fee of £10. Application should be made to the Executive Director (Housing & Community Care), Housing & Community Care, Perth & Kinross Council, Pullar House, 35 Kinnoull Street, PERTH PH1 5GD.