

If you feel anxious about attending a group you can meet one of the WLDAS workers or a group member before the meeting and they can bring you along.

West Lothian Drug and Alcohol Service  
**WLDAS**  
Reducing Harm, Supporting Recovery

Worried about someone's drinking?  
Family or friends using drugs?  
Like to talk?

"After the loss of my son I received fantastic support from everyone in the group and I don't know how I would have survived without them. They shared my journey."



## West Lothian Family Support Group

### Contact:

Tricia by phone/text/email for details of the meeting room:

01506 446 654 (office)  
07795 200 263 (mob)  
tricia.moran@wldas.org

West Lothian Drug and Alcohol Service  
The Almondbank Centre  
Shiel Walk, Craigshill  
Livingston  
EH54 5EH

tel: 01506 430225  
email: enquiries@wldas.org

Please note: meetings are at  
St John's Hospital

Scottish Charity No. SC005776 Company No. 212157

### Contact:

Tricia at West Lothian Drug  
and Alcohol Service

01506 446 654 (office)  
07795 200 263 (mob)  
tricia.moran@wldas.org

It can be difficult to understand or accept that someone close to you is drinking or using drugs. You can feel worried, angry, lonely or confused.

"Being with people who understand me, and not feeling ashamed / embarrassed."

#### We can offer you:

- Confidential group meetings
- Someone to talk to
- Information and advice on alcohol & drugs
- Information on the help available
- Benefit from shared experiences
- Relaxation techniques.

The West Lothian Family Support Group has been running for over 15 years. Organised by WLDAS, our aim is to support the family and friends of alcohol or drug users.

**Meetings:** The first and third Tuesday of every month at 7pm in St John's Hospital, Howden, Livingston.

Please feel free to drop in.

Every first Tuesday we have a visiting therapist offering some alternative treatments.

"When I had to put my daughter out because of her addictions I wanted to find help for me. I discovered the Family Support Group and attending this group has been the best thing ever for support, understanding and care. Meeting others similarly affected was such a help too."

## Group Member's Comments

"I went to get help for my son at first, but I found that everyone there is in the same position. I can talk to people and I know it won't go any further than the room I'm in."