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| **Cowdenbeath Medical Practice****Signposting to the Most Appropriate Service****Who Do I Need To See?** |
| In-House Services |
| Advanced Nurse Practitioner | Our Advance Nurse Practitioner’s (ANPs) are highly trained and have the knowledge and skills to manage all aspects of patient care. They will make independent decisions on assessment, diagnosis and treatment of patients. All of our ANPs are independent prescribers. Our ANPs will help with:-Diagnosing and treatment of minor illness and health conditions:-* Ordering and interpreting test results
* Prescribing medication
* Referral for further investigation and management

We operate an on the day triage system which is run by our ANPs between 8am-11am Monday-Friday. Triage appointments are released daily at 8am for the same day. The ANPs will deal with the following:-* Abdominal Pain – New Acute Presentation
* Asthma/COPD – Acute Flare
* Back Pain – New Acute Presentation
* Bites/Boils
* Chest Infection
* Chest Pain – New Acute Presentation. *(Call 999 if you have pain in your arm, neck, jaw or if you have shortness of breath)*
* Dermatitis
* Ear Infection
* Eczema
* Eye Infection
* Fungal Infection
* Gout
* Headache/Migraine – New Acute Presentation.
* Indigestion
* Infected Wound
* Infected Ingrown Toenail
* Joint Pain - New Acute Presentation.
* Rashes
* Shingles
* Sinusitis
* Sore Throat
* UTI
* Vaginal Infections

To make an appointment for ANP triage telephone reception 01383 518500.  |
| General Practitioner (GP) | If you have an illness of injury that doesn’t not improve with self treatment you should make an appointment with a GP. GPs provide care for minor and chronic problems with access to a full range of hospital services including x-rays, tests and can make onward referral to speciality clinics.Our GPs have advanced telephone and face to face appointment which can be booked up to 2 weeks in advance.To make an appointment with one of our GPs telephone reception 01383 518500. |
| Practice Nurse | Our Practice Nurses are experienced registered nurses. They are available by appointment and run clinics in the following:-* Asthma management
* COPD management
* Diabetes management
* Hypertension management
* Cardio-vascular disease review
* Cervical Screening
* Anti-coagulation monitoring

We operate a re-call system for the management of chronic disease from which all patients with one of the chronic diseases will be sent a letter inviting them to make an appointment annually on their month of birth. You will be advised by our Practice Nurse if you require further review at your annual appointment.To make an appointment with our Practice Nurse please telephone 01383 518500. |
| Community Treatment Room Nurse (CTAC) | Our CTAC nurses are employed by NHS Fife to provide the following services to our patients:-* Wound care
* Blood Pressure Checks
* Ear irrigation
* Injections
* Removal of sutures

To make an appointment with our CTAC nurse please telephone reception 01383 518500. |
| Phlebotomist | Our Phlebotomy team are employed by NHS Fife running clinics daily and are by appointment only. The Phlebotomist will obtain your blood sample and ensure its safe delivery to the laboratory for testing. You will be advised by the practice or hospital that you should make an appointment to have a blood sample taken with the Phlebotomist.During your appointment the Phlebotomist will ask for your consent, explain what will happen and put you at ease during your appointment.To make an appointment with our Phlebotomist please telephone 01383 518500.[Blood tests | NHS inform](https://www.nhsinform.scot/tests-and-treatments/blood-tests/) |
| Primary Care Pharmacy Team | Our pharmacy team are employed by NHS Fife and consist of experienced pharmacists and pharmacy technicians with advanced clinical skills. They work alongside our multidisciplinary team to improve pharmaceutical care for our patients.One of our pharmacy team may contact you to discuss and advise you on your medication. Our reception team may also suggest a consultation with the pharmacy team if you have a query specific to medication.They pharmacy team work on an appointment basis. Please contact our reception team for further information 01383 518500. |
| Mental Health Triage Nurse | Our mental health triage nurse is employed by NHS Fife running weekly clinics in the practice. This service is based within the practiceRole of MH Triage nurse:Holistic assessment of all new patients presenting with mental health problems, offering follow up appointments, where necessary. Refer to secondary care services, where appropriate, otherwise support to engage with community services.Referrals to social prescribers including Link Life Fife and Fife Forum, for support with non medical needs. Signpost to online services such as Access Therapies Fife & mood cafe and counselling services such as Talk Matters, The Spark, CRUSE and FRASAC.Carry out alcohol and drugs brief interventions with onward signposting/referral to DAPL, First and FASS.Promote mental health and wellbeing, including sleep hygiene, healthy diet, exercise, socialising, support to reduce and stop illicit drugs, alcohol and caffeine. Promote healthy activities, hobbies and interests to develop active mind, active body. Brief solution focussed therapy to support people to solve problematic situations, which negatively impact mental health. Brief basic psychological therapy including anxiety management, confidence and self esteem building, decider skills and emotional resources.Safety and stabilisation for trauma symptoms, including safety planning, strategies to manage flashbacks and nightmares, self harming and emotional resources.Support with traumatic bereavements.Liaise with GP regarding medication or risk, as required. Our mental health nurse works from within the surgery on an appointment basis. Generally initial appointments are by telephone triage with follow up in surgery as required. [Mental health | NHS inform](https://www.nhsinform.scot/mental-health/)[Mental Health | NHS Fife](https://www.nhsfife.org/services/know-who-to-turn-to/mental-health/) |
| Advanced Physiotherapy Practitioner | Our GP Advanced Physiotherapy Practitioner (APP) is employed by NHS Fife working within the practice on a Tuesday and Wednesday morning by appointment only.It you think you have a musculoskeletal (MSK) problem they will provide an alternative to seeing your GP. They provide expert assessment of your MSK conditions including:-* Back pain
* Neck pain
* Shoulder pain
* Knee pain

The APP can provide you with a clinical diagnosis, give you advice on how to manage the problem and suggest appropriate exercise for you to work on independently. With your agreement and when appropriate they can also refer you to a specialist service such as physiotherapy for supported rehab, x-ray or orthopaedics. If needed the App can liaise with your GP to arrange medication or discuss any non-MSK symptoms which have been found.To make an appointment please contact reception telephone 01383 518500. Our trained reception team may also direct you to make an appointment with the APP or your GP may ask you to make an appointment with the APP for an expert MSK opinion. |
| Other Services |
| Pharmacy First | If you have a minor illness, a pharmacy is the first place you should go for advice. You do not usually need an appointment and you can go to any pharmacy that you choose. Your local pharmacist or trained member of the pharmacy team will give you the advice you need and medication should you require it. They may refer you to another healthcare professional if they feel your condition needs this.Your local pharmacist can help with the following conditions:* Acne
* Allergies
* Athlete’s foot
* Backache
* Blocked or runny nose
* Cold sores
* Constipation
* Cough
* Cystitis (in women)
* Diarrhoea
* Earache
* Eczema
* Headache
* Headlice
* Haemorrhoids (piles)
* Hay fever
* Impetigo
* Indigestion
* Mouth ulcers
* Pain
* Period pain
* Shingles
* Skin conditions
* Sore throat
* Threadworms
* Thrush
* Urinary Tract Infections (UTIs)
* Verrucas
* Warts

For further information please see the links below or visit NHS Inform:[NHS Pharmacy First Scotland | NHS inform](https://www.nhsinform.scot/campaigns/nhs-pharmacy-first-scotland/)[Pharmacy services in Scotland (nhsinform.scot)](https://www.nhsinform.scot/care-support-and-rights/nhs-services/pharmacy/nhs-pharmacy-first-scotland)[nhs-pharmacy-first-scotland-information-patients.pdf (www.gov.scot)](https://www.gov.scot/binaries/content/documents/govscot/publications/advice-and-guidance/2020/07/nhs-pharmacy-first-scotland-information-patients/documents/nhs-pharmacy-first-scotland-information-patients/nhs-pharmacy-first-scotland-information-patients/govscot%3Adocument/nhs-pharmacy-first-scotland-information-patients.pdf)[Local Pharmacy | NHS Fife](https://www.nhsfife.org/services/know-who-to-turn-to/local-pharmacy/) |
| Accident and Emergency | Accident and Emergency (A&E) is open 24 hours a day, 7 days a week and is available to treat:* Severe injury
* Breathing difficulties
* Severe bleeding
* Stroke
* Heart attack

MIU can only deal with injuries sustained within the last 72 hours.Please telephone 111 before attending MIU to be given a time to attend.[A&ES and Minor Injuries Units | NHS Inform](https://www.nhsinform.scot/scotlands-service-directory/aes-and-minor-injuries-units?hb=s08000018&sortby=_distance&sortdir=Asc&onlyopen=0)[Accident and Emergency | NHS Fife](https://www.nhsfife.org/services/know-who-to-turn-to/accident-and-emergency-ae/#:~:text=A%26E%20or%20phoning%20999%20is,breathing%20difficulties%2C%20or%20severe%20bleeding.) |
| Minor Injuries Unit | Minor Injuries Unit (MIU) is open 24 hours a day, 7 days a week and is available to treat:* Arm, wrist and hand injuries
* Knee, ankle and foot injuries
* Back, shoulder and rib injuries
* Head and neck injuries in people who are fully conscious
* Cuts and wounds which may need dressing and stitches
* Minor burns and scalds​

MIU can only deal with injuries sustained within the last 72 hours.Please telephone 111 before attending MIU to be given a time to attend.[A&ES and Minor Injuries Units | NHS Inform](https://www.nhsinform.scot/scotlands-service-directory/aes-and-minor-injuries-units?hb=s08000018&sortby=_distance&sortdir=Asc&onlyopen=0)[Minor Injuries Service | NHS Fife](https://www.nhsfife.org/services/know-who-to-turn-to/minor-injuries-service/) |
| Optician | If you have an eye problem, you can make an emergency appointment by contacting your local optician.Your local optician can help with the following problems:* Sudden loss of vision
* Blurred vision
* Painful or red eyes
* Sudden flashes and floaters

Your local optician will have specialist equipment and may be able to treat and manage your eye problem without the need to attend any other service. Your local optician will refer you for further investigation or treatment if necessary.[Optician | NHS Fife](https://www.nhsfife.org/services/know-who-to-turn-to/optician/)[Opticians | NHS Inform](https://www.nhsinform.scot/scotlands-service-directory/opticians) |
| Dentist | If you are experiencing a problem with your teeth or mouth you should contact your registered dental practice during in-hours or NHS24 by telephoning 111 out with this time.If you are not registered with a dentist, please contact NHS Fife Dental Advice Line on 01592 226555 or by email at: fife.dentaladviceline@nhs.scot  for advice and help to register during working hours or NHS24 by telephoning 111 out with this time.[Dental Services | NHS Fife](https://www.nhsfife.org/services/know-who-to-turn-to/dental-services/)[Dental emergencies - NHS Scotland (nhsinform.scot)](https://www.nhsinform.scot/care-support-and-rights/nhs-services/dental/dental-emergencies/) |
| District Nursing Service | The district nursing service provides comprehensive, general health services for patients within the community. This service is for patients who are housebound and unable to attend the practice.Please telephone 01383 511011[District nursing service | NHS Fife](https://www.nhsfife.org/services/all-services/palliative-and-end-of-life-care/teams-and-services/district-nursing-service/) |
| Health Visiting Team | A health visitor is a registered nurse who has received training particularly related to babies, children and pregnant women.Their role is to provide families with children under 5 years of age with support and advice around the general aspects of mental, physical and social wellbeing.To contact the health visiting team telephone 01383 518636. |
| Sexual Health | Sexual health Fife offers both drop-in clinics and booked appointments to provide access to a full range of fully confidential sexual health and blood borne virus (BBV) services to patients. The following services are provided:* ACoRN
* Sexually Transmitted Infections (STIs)
* Contraception services
* Emergency contraception
* Free condoms Fife
* HIV
* Hepatitis C
* PrEP
* PEP
* Partner notification
* Gender Based Violence
* Young people’s services
* Pregnancy
* Care Opinion
* Professionals

Please telephone 01592 647979 Monday-Friday 8:30am-11:00am and 1:00pm-4:00pm. In addition lines are open Monday, Tuesday and Thursday 5:00pm-7:00pm.[Sexual Health | NHS Fife](https://www.nhsfife.org/services/all-services/sexual-health/) |
| Community Midwife | The community midwifery team will provide antenatal care although this may also involve other healthcare professionals. Appointments with the community midwife are booked in advance and will take place within the practice.If you are pregnant and looking for information on how to refer to maternity services please visit the link below and complete the self referral form. Once the form has been submitted the midwifery team will contact you directly.[Antenatal care | NHS Fife](https://www.nhsfife.org/services/all-services/maternity/antenatal-care/)[Maternity services in NHS Fife | NHS Fife](https://www.nhsfife.org/maternity/?fbclid=IwAR1fVxrTxwWkBMs090gFHdAOEYdvKF148KBdkWBIo2rdzCEliiR3umVaaG8&fbclid=IwAR1fVxrTxwWkBMs090gFHdAOEYdvKF148KBdkWBIo2rdzCEliiR3umVaaG8) |
| Working Health Services (WHS) | Working Health Services Scotland (WHSS) is a Scottish Government funded NHS service that provides free and confidential advice and health support for people who are self-employed or working in companies with 250 or less employees and have a health condition or injury which they feel is impacting on their work. The service aims to support them to remain at work avoiding absence.  They may be referred to :* Physiotherapy
* Counselling
* Occupational therapy

The case manager may also provide signposting to services for help and advice on issues such as employment, housing, debt and wellbeing.You can access this service by telephoning 0800 019 2211 or by completing a self-referral form on the website [Working Health Services Scotland (healthyworkinglives.scot)](https://www.healthyworkinglives.scot/workplace-guidance/illness-absence/Pages/working-health-services-scotland.aspx).[working-health-services-leaflet-2020.pdf (nhsfife.org)](https://www.nhsfife.org/media/34572/working-health-services-leaflet-2020.pdf)[Working Health Services Scotland (WHSS) - Health and Well-being (nhsinform.scot)](https://www.nhsinform.scot/scotlands-service-directory/health-and-wellbeing-services/10113%201glc1116) |
| Information Services |
| NHS Inform | NHS inform is Scotland’s national health information service. NHS inform provides accurate and relevant information to help you to make informed decisions about your own health and the health of the people you care for.NHS inform contains information about:* [illnesses, injuries and conditions](https://www.nhsinform.scot/illnesses-and-conditions/)
* [tests and treatments](https://www.nhsinform.scot/tests-and-treatments/)
* healthy living topics – such as [smoking](https://www.nhsinform.scot/healthy-living/stopping-smoking/), [alcohol](https://www.nhsinform.scot/healthy-living/alcohol/), [drugs and drug use](https://www.nhsinform.scot/healthy-living/drugs-and-drug-use/), [food and nutrition](https://www.nhsinform.scot/healthy-living/food-and-nutrition/) and [mental wellbeing](https://www.nhsinform.scot/healthy-living/mental-wellbeing/)
* health news and events
* national health campaigns
* services provided by GPs, pharmacies and dental surgeries in Scotland
* [your rights when using these services](https://www.nhsinform.scot/care-support-and-rights/health-rights/)
* [Self-help guides](https://www.nhsinform.scot/self-help-guides/) for common illnesses and injuries
* [Scotland’s Service Directory](https://www.nhsinform.scot/scotlands-service-directory/) containing hundreds of support groups and thousands of NHS services in Scotland
* Info for Me tool that helps you to gather, save, publish and share your own health information

You can access the service by telephone 0800 22 44 88 or by visiting [Scottish health information you can trust | NHS inform](https://www.nhsinform.scot/) . |
| Quit your Way – Fife Stop Smoking Service | NHS Fife offer this service by pre arranged appointment at the practice on a weekly basis. The service offers a 12 week programme of support available both one to one and on the telephone for patients who would like to stop smoking. You can contact the service by telephone 0800 025 3000 (Monday-Saturday 9am-5pm) or by email fife.smokingcessation@nhs.scot. An appointment can also be made for this service at our reception desk.[Stop smoking service | NHS Fife](https://www.nhsfife.org/services/all-services/health-promotion-service/stop-smoking-service/)[Quit Your Way - Fife Stop Smoking Service - Health and Well-being (nhsinform.scot)](https://www.nhsinform.scot/scotlands-service-directory/health-and-wellbeing-services/26%201fif1116)[Stopping smoking | NHS inform](https://www.nhsinform.scot/healthy-living/stopping-smoking/) |
| Fife Alcohol and Support Service (FASS) | Fife Alcohol and Support Service (FASS) provides specialist alcohol counselling and psychotherapy for people in Fife, aged 16 and over, who find themselves in difficulty because of alcohol related problems.Counselling is available throughout Fife including Kirkcaldy, Dunfermline, Glenrothes and many other towns.[FASS | Supporting you one step at a time (fassaction.org.uk)](https://www.fassaction.org.uk/)[Sensible-Drinking.pdf (fassaction.org.uk)](https://www.fassaction.org.uk/downloads/Sensible-Drinking.pdf)[Getting Help | FifeADP](https://www.fifeadp.org.uk/getting-help) |
| Alcohol and Drug Abuse Prevention (ADAPT) | Alcohol and Drug Abuse Prevention (ADAPT) provides information, advice and brief help for alcohol and or drug abuse. Anyone requiring more intensive help can be guided and supported towards ADAPT counselling and other services. ADAPT also provide advice and counselling for carers or people suffering from substance misuse.[ADAPT Substance Recovery | FASS (fassaction.org.uk)](https://www.fassaction.org.uk/adapt-home/)[Getting Help | FifeADP](https://www.fifeadp.org.uk/getting-help) |
| Fife Addiction Services | Addiction Services offers a wide range of services including:-* Substitute opiate prescribing – such as methadone and suboxone and home alcohol detox programmes.
* Psychosocial interventions to encourage behaviour change and abstinence from illicit substances.
* Referrals to other appropriate agencies for support.
* Blood Borne Virus testing.
* Alcohol brief interventions within hospital sites.
* Harm reduction advice.
* Group-work programme.
* SMART recovery.
* Drug Service

In the first instance you should speak to your GP to discuss referral to this service.[Addiction services in NHS Fife | NHS Fife](https://www.nhsfife.org/services/all-services/addiction-services/) |
| Fife Social Work Department | To contact Fife Social Work Department -Telephone 03451 551503. [Social Work Office | Fife Council](https://www.fife.gov.uk/facilities/social-work-office) |
| Fife Carers Centre | Fife Carers Centre support adult carers in their caring role with relevant, straightforward information as well as practical help. Most importantly they will work with the carer to protect their own physical emotional, mental and financial health whilst they maintain their caring role. [FIFE CARERS CENTRE - Home](https://www.fifecarerscentre.org/) |
| Fife Young Carers | Fife Young Carers supports children and young people up to the age of 25 years who look after someone in their family who are ill or have a disability. * To provide person centred support through group and one-to-one meetings.
* To provide information and signposting for young carers and their families.
* To provide an opportunity for young carers to have a break from their caring roles and build confidence.
* To support young adult carers to move onto adulthood
* To raise awareness of young carers and their support needs

[www.fifeyoungcarers.co.uk](http://www.fifeyoungcarers.co.uk) |
| Link Living | Link Living are a trauma informed Scottish health and wellbeing charity that supports people of all ages to overcome the negative impacts of trauma, mental health, inequality and isolation.For further information and to access their service please visit the link below or telephone 0330 303 0302.[LinkLiving | Improving Lives](https://www.linkliving.org.uk/?gclid=EAIaIQobChMI35LoiuGTggMViIrtCh0kXgptEAAYASAAEgJF7fD_BwE) |
| Alzeimer’s Scotland | Alzheimer’s Scotland provides support and information to people with Dementia along with their carers and family members. For further information and to access their service please visit the link below, email helpline@alzscot.org or telephone 0808 808 3000.[We are Scotland's dementia charity (alzscot.org)](https://www.alzscot.org/?gclid=EAIaIQobChMIz6q5luWTggMVGMHtCh2pMwNaEAAYAiAAEgIHqfD_BwE) |
| Citizens Advice | Citizens Advice and Rights Fife (CARF) provide free information, support and advice on a wide range of subjects.Contacting CARF is by telephone in the first instance with appointments available if required.For contact numbers and further information visit the links below.[Call CARF | Citizens Advice and Rights Fife (cabfife.org.uk)](https://www.cabfife.org.uk/contact/call-carf)[Cowdenbeath Citizens Advice Bureau | Citizens Advice and Rights Fife (cabfife.org.uk)](https://www.cabfife.org.uk/contact/locations/cowdenbeath-citizens-advice-bureau)[Home | Citizens Advice and Rights Fife (cabfife.org.uk)](https://www.cabfife.org.uk/) |
| The Well | **The Well is a place where you can drop-in, both in your community and online and find out information and receives general advice to help you stay well and independent within your local community. The Well can help with:-*** explore all the local activities and groups you might be interested in
* apply for a community alarm
* if you are feeling lonely and isolated
* with your physical and mental health
* complete different forms
* join a local group
* with housing enquiries
* contact a local service/health professional on your behalf
* explore local support organisation
* if you are worried about financial issues
* if you are experiencing a bereavement
* gain support as a carer

[The Well | Fife Health and Social Care](https://www.fifehealthandsocialcare.org/your-community/the-well) |
| Waiting Well | If you are on a waiting list to see a healthcare specialist or for health and social care services then NHS Inform – Waiting Well provides information and support to you during this time.[Waiting well - NHS inform](https://www.nhsinform.scot/waiting-well/) |
| Access Therapies Fife | **Access Therapies Fife provides information to help patients to deal with mental health problems and to access a range of local services.**Access Therapies Fife is part of Fife’s Health and Social Care Partnership’s Psychology Service.[Home - Access Therapies Fife NHS (scot.nhs.uk)](https://www.accesstherapiesfife.scot.nhs.uk/)[Access Therapies Fife - Health and Well-being (nhsinform.scot)](https://www.nhsinform.scot/scotlands-service-directory/health-and-wellbeing-services/12335%201fif1116) |
| Breathing Space | Breathing Space are a free, confidential, phone and webchat service for anyone in Scotland over the age of 16 experiencing low mood, depression or anxiety.[Breathing Space is a free confidential service for people in Scotland. Open up when you're feeling down - phone 0800 83 85 87](https://breathingspace.scot/)[Breathing Space | NHS inform](https://www.nhsinform.scot/care-support-and-rights/nhs-services/helplines/breathing-space-helpline/) |
| The Samaritans | The Samaritans offer a safe place to talk any time, in your own way – about whatever’s getting to you. You don’t have to be suicidal.This service is available 24 hours a day, 365 days a year. If you need a response immediately, it's best to telephone 116 123. This number is FREE to call.Support offered for:* Emotional Distress
* Mood Disorders
* Suicide Prevention

[Samaritans | Every life lost to suicide is a tragedy | Here to listen](https://www.samaritans.org/?nation=scotland)[Samaritans Helpline - Health and Well-being (nhsinform.scot)](https://www.nhsinform.scot/scotlands-service-directory/health-and-wellbeing-services/70f9a273c72f4641827e0a08c151686b%201) |
| Talk Matters | Talk Matters is a confidential counselling service for people in Fife that can help with a wide range of problems. Whether you are suffering from depression, anxiety, stress, anger, have recently been bereaved or are simply feeling that you’ve lost your way; if life is getting on top of you and you are struggling to copeSupport offered for:* Cognitive Behavioural Therapy (CBT)
* Counselling

Telephone: 01383 626064 Emai: info@talkmatters.org[Talk Matters](https://talkmatters.org/)[Talk Matters Counselling - Health and Well-being (nhsinform.scot)](https://www.nhsinform.scot/scotlands-service-directory/health-and-wellbeing-services/8ebc1b5b103b4578878c9c796db4a710%201) |
| CRUSE | CRUSE offers bereavement support.Telephone: 0808 808 1677[Grief and the workplace - Cruse Bereavement Support](https://www.cruse.org.uk/organisations/?gad_source=1&gclid=EAIaIQobChMI_Pebxba0gwMVEJVQBh2KLwokEAAYASAAEgKMePD_BwE) |
| Fife Rape and Sexual Assault Centre (FRASAC) | FRASAC are one of Fife’s leading organisations providing free and confidential support to anyone over the age of 12 who has experienced sexual violence at any time in their lives, regardless of gender, race, ethnicity, sexual orientation, transgender identity, age, disability, and religious and cultural background.[FRASAC | Fife Rape and Sexual Assault Centre](https://www.frasac.org.uk/)[Fife Rape and Sexual Assault Centre - Health and Well-being (nhsinform.scot)](https://www.nhsinform.scot/scotlands-service-directory/health-and-wellbeing-services/13298%201fif1116) |
| Drugs, Alcohol and Psychotherapies Limited (DAPL) | DAPL offers one to one counselling, support, information and advice to individuals and families who are affected by substance use and live within Fife. The organisation also provides counselling and group work in schools for young people experiencing issues which are affecting their mental health and wellbeing.Support offered for:* Addiction
* Advice & Support
* Alcohol Misuse
* Counselling
* Drug Misuse
* Family Support
* Substance Misuse

[DAPL - Drugs, Alcohol & Psychotherapies Limited](https://www.dapl.net/)[Drugs, Alcohol and Psychotherapies Limited (DAPL) - Health and Well-being (nhsinform.scot)](https://www.nhsinform.scot/scotlands-service-directory/health-and-wellbeing-services/13297%201fif1116) |