

## Where and When

You can attend any of the clinics to get your recovery started. No appointment needed - just drop in.

Mondays: 9:30am-11.30am  
Bathgate Primary Care Centre  
Whitburn Road, BATHGATE

Tuesdays: 1:30pm-3:30pm  
Strathbrock Partnership Centre  
BROXBURN

Tuesdays: 2:00pm-4.00pm  
Linlithgow Health Centre  
High Street, LINLITHGOW

Wednesdays: 1:00pm-3:00pm  
Howden Health Centre  
Howden, LIVINGSTON

Thursdays: 5:30pm-7:30pm  
Psychology Department St John's Hospital  
Howden, LIVINGSTON

Fridays: 9:30am-11.30am  
Whitburn Health Centre  
Weavers Lane, WHITBURN

If you can't attend any one of these clinics or want to find out more please get in touch.

Your health or care professionals can still refer you to the Breakaway Recovery Clinics on your behalf.

## Contacts

West Lothian Drug & Alcohol Service  
Almondbank Centre, Shiel Walk  
LIVINGSTON  
01506 430225  
Counselling Manger: Heather Watson

Community Addictions Team  
Civic Centre, Howden, LIVINGSTON  
01506 282844/45  
Team Manager: Lynn Gardner  
Nurse Team Manager: Ian Davidson

# Breakaway Recovery Clinics

Drop-in services for people with alcohol or drug problems.

## Addictions Care Partnership



West Lothian  
Council



## Information for Clients

## Who we are

The Breakaway Clinics are run by staff from the teams which make up the Addictions Care Partnership in West Lothian; West Lothian Drug & Alcohol Service, Social Work Addictions Team and West Lothian NHS Addictions Service. At the clinics you will see either a nurse, counsellor or addiction work.

### Confidentiality

Our services are confidential, however we will want to work closely with the other people involved in your care such as your own doctor, other professionals and your family (with your agreement) to provide you with the best possible help. This involves some sharing of information.

Sometimes it is necessary for us to share information about clients to protect them or others from harm.

If you are concerned about the sharing of your personal information we are happy to talk about this with you about this.

## First Meeting

When you come to a Breakaway Clinic we will ask you about your current problems and agree a recovery support plan with you. Please come sober or straight enough to talk about your problems and be able to agree a plan. We do not start prescribing medication at first meetings.

If for any reason you can't attend one of the Breakaway Clinics please contact us by telephone to arrange a more suitable meeting.

Once we have a plan agreed with you we will arrange a key worker for you from one of the three teams who can complete a full assessment with you and support your recovery.

## Help available:

The Addictions Care Partnership teams offer access to a full range of services to you start your recovery from an alcohol or drug problem including:

- Information and advice
- Counselling
- Mutual aid meeting
- Psychological interventions
- (individual therapy and group work)
- Specialist medical treatments
- Detoxification either at home or in hospital
- Residential rehabilitation
- Blood Borne Virus screening, immunisation and advice
- Practical support for housing and financial issues
- Support to access training and/or employment
- Support for parenting
- Support for your family.