

REFERRAL PATHWAYS FOR PHARMACIES

TOBACCO SMOKING

- **Pharmacy sign up** (2 attempts)
- **Healthpoint** referral - Tel 08085 20 20 30

VAPING

- **Refer to Quit Your Way Service (QYWS)** by calling 0800 84 84 84

DRUGS AND ALCOHOL

- **Aberdeen City and Aberdeenshire: Alcohol Drugs and Alcohol (ADA)** national line 0333 3 448 355 or Text 07927 192 706
- **Timmer Market** - 01224 651130
- **Moray: Quarriers, Arrows** 013143 610 500 or Text 07812 228 547

HEALTHY WEIGHT

- **Healthy Helpings online course**
www.healthyweightgrampian.scot.nhs.uk
- **Refer to Healthpoint**, self referral is preferred
08085 20 20 30
- **Moray, direct line** 01343 567842

MENTAL HEALTH

- **If in crisis refer to Samaritans on 116 123**
Call Aberdeen branch 03300945717 if you need advice.
- **Refer to Healthpoint**, self referral is preferred
08085 20 20 30

SIGNPOSTING TO SERVICES

- **Healthpoint**, call the Healthline yourself for advice or ask patient to call the Healthline on 08085 20 20 30

PEOPLE AT RISK

- **Social work emergency inc child/adult protection**
- **Aberdeen City** - 01224 306877
- **Aberdeenshire** - 01467 537111
- **Moray** - 01343 554370