
Referring Families to Scottish Families Affected by Alcohol and Drugs

Working in a pharmacy setting, you are often a first point of contact for people affected by someone else's alcohol or drug use. Whether it's a parent picking up a prescription while carrying the weight of worry for their child, or a spouse quietly managing medications for a partner in recovery, these silent struggles will often unfold in front of you. A referral for the affected family member to Scottish Families Affected by Alcohol and Drugs could make a real difference.

Why Refer?

Families affected by someone else's substance use often feel isolated, overwhelmed, stigmatised and unsure where to turn. A referral to Scottish Families provides them with access to **compassionate, confidential, and practical support**—which not only helps them cope but can also improve outcomes for the person using substances too.

What Support is Available?

In **Aberdeenshire**, Scottish Families offers a **local family support service** for anyone aged 16+ affected by a loved one's alcohol or drug use. This includes:

- Person-centred **one-to-one support** from a local practitioner (in-person/over the phone)
- **Regular support groups across Aberdeenshire** (in-person and online)

Across other areas of **Grampian** (including Aberdeen City and Moray), families can access:

- **Virtual one-to-one support** via our national Ripple Service
- Access to **support groups** (in-person and online)

Regardless of where families live in Grampian, anyone engaged with Scottish Families can also access:

- **Bereavement support** for anyone who is bereaved through substance use
- Access to our national courses, including **My Family My Rights** (self-advocacy course) and our 12-week **Recovery College**
- Access to naloxone via our free national **Click and Deliver Naloxone** service
- Access to our virtual monthly **Book Group**

How to Refer

Referring someone is simple.

With the family members consent, you can make a professional referral either by contacting our helpline (details below) or using our online professional referral form: [Refer a Family Member to Scottish Families - SFAD](#). We encourage professionals to refer rather than signpost. This approach removes the burden from families to make first contact, which can be a barrier—especially during times of stress. Once we receive their details, we will contact them to arrange an initial conversation.

If a referral isn't possible, we also welcome self-referrals from families who can get in touch using the helpline details below.

Helpline Details:

Call on 08080101011, use the webchat on our website www.sfad.org.uk or email helpline@sfad.org.uk.