

Alcohol Peer Support Service

Information For Clients

Who is the Service For?

The service is for anyone over the age of 18, living in the North East of Glasgow who is trying to address an existing alcohol issue and requires short term support to access appointments or recovery initiatives across Glasgow.

Who Delivers the Service?

The service is delivered by local people just like you who have volunteered and trained to become Peer Mentors.

They all have lived experience of alcohol problems having overcome their own issues.

They know first hand the fear & anxiety of walking through the door of a service for the first time and they are here to offer you encouragement & support.

Is a Mentor a Befriender?

No, this is not a Befriending Service which tends to be a longer term type of service. This service offers a brief intervention from someone who has lived experience of the same type of issues as you are facing.

They will accompany you to local recovery appointments & initiatives for the first couple of times and introduce you to others in similar situations as your self. You can then meet with and make new friends.

When Is the Service Available?

The service is designed to make use of the many recovery cafes and days available across Glasgow and as such is available seven days a week.

What Can It Do For Me?

As stated above the Mentors can support you by taking you along to recovery focused appointments or activities for the first one or two times, introducing you to others until you get the confidence to attend by yourself.

The Mentors will also have a good knowledge of the range of recovery activities available across the area and will signpost you to any you may be interested in attending.

We work in partnership with a wide range of services that we can signpost you to and Barnardo's are able to provide tailored support to individuals & their children if necessary.

What Do I Have to Do?

All we ask is that you are willing to try and deal with your alcohol issues.

In the short term we can help you get to and support you to attend recovery focused activities, but we hope that after the first once or twice of being accompanied, when you have made friends and built up your confidence you will be willing to attend on your own.

It's also important that you don't attend any recovery activities under the influence of alcohol. We understand that in the beginning this may be hard for you but if your mentor believed you were under the influence or were suffering the affects of the previous days alcohol use they would rearrange the appointment for another day.

'Peer Support Service'

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