

A bit about us.....

MCA is a voluntary organisation that has delivered addiction counselling across Moray for the past thirty years. We see anyone, aged 12 upwards, who is experiencing problems big or small in relation to addiction. This includes:

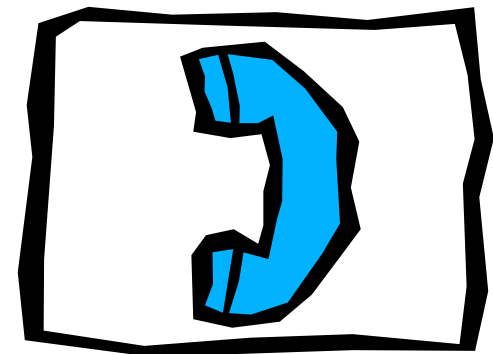
Individuals who have a substance use problem

or

Anyone affected by someone else's use, such as a partner or a family member

Our trained counsellors are able to address a range of problems and their job is to help you explore options for change – whether you want to cut down, or stop altogether. It's your decision

NOW AVAILABLE ON THE PHONE

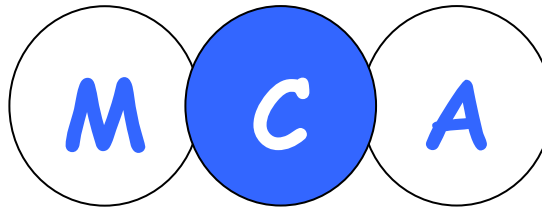


**Moray Council on
Addiction**

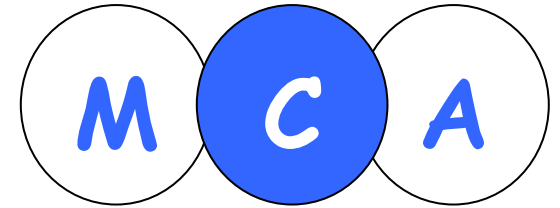
Charity No: SC002163
MCA is a Company Limited by
Guarantee No: SC 97519
Affiliated to AFS
(Alcohol Focus Scotland)

Based at:
252 High Street
Elgin
IV30 1BE

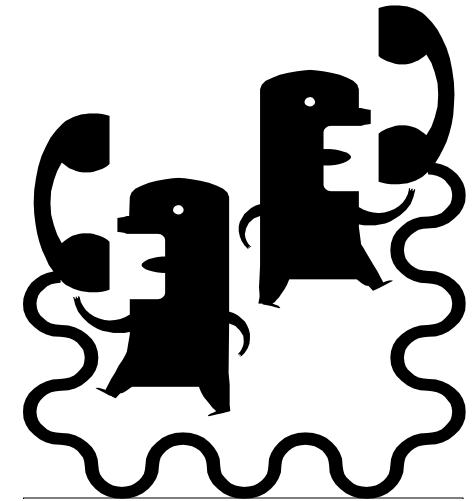
Tel: 01343 552211
E-Mail: mca@moray.gov.uk



Supported by the MADP



**Confidential
Telephone
Counselling
Service**



*Because we know how
difficult it can be to
access services*

Are you worried about your drinking or drug use?

Do you have to cope with someone else's substance use?

Maybe you are not sure you have a problem at all?

Do you find it difficult to get to services that might help?

MCA are piloting a new confidential telephone counselling service that will allow you to address these issues at a time and place that suits your needs



Give us a call and we will arrange to phone you back

Our confidential telephone counselling service...

This confidential service is being piloted for people who for many reasons find it difficult to get access of services.

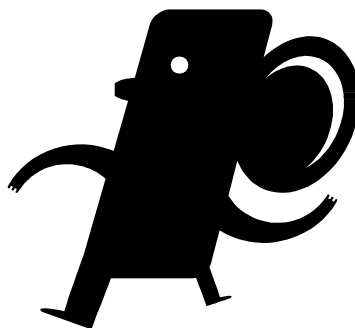
All you need is access to a telephone and a private space to receive a call.

Our first call will be an assessment appointment that will allow you to check whether or not this is the right service for you.

Once this has been agreed you will be offered six counselling sessions initially but you can continue and have as many as you need.

Each appointment lasts up to an hour and it is up to you to decide what to talk about.

We phone you so you don't have to worry about the cost or the number showing up on your bill



We need to check this is working.....

As this is a pilot, we will be asking you to be involved in research, you can tell us how helpful or not the service is, and how we might be able to improve it. You can opt out of participating in the research at any point and this will not in any way affect the counselling you receive.



Want to know more.....

You can refer yourself by giving Louise a call

on

01343 552211

or by dropping her an e-mail

at

mca@moray.gov.uk
(password protected)