

Who should I contact for more information about MELD's Open Service ?

MELD (East Lothian)

The Esk Centre
Ladywell Way
Musselburgh EH21 6AB

T: 07541 460 725 or
0131 446 4833

E: office@meld-drugs.org.uk

Further information can also be found online on our website and Facebook pages

W: www.meld-drugs.org.uk

F: [@MELDRcovery](https://www.facebook.com/MELDRcovery)

INFORMATION
ADVICE
COUNSELLING SKILLS
SUPPORT
FOR SUBSTANCE USERS,
THEIR FAMILY & FRIENDS



Promoting Recovery from
Drug and Alcohol Misuse

MELD receives funding from:

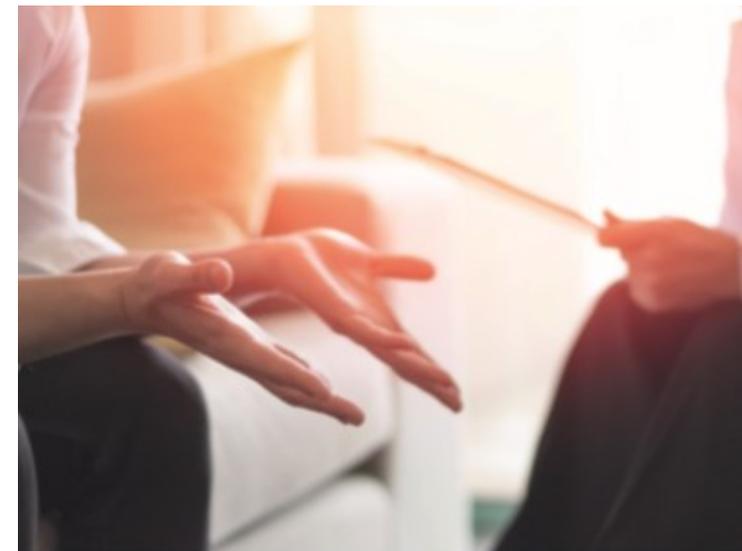


Midlothian 

MELD is an independent charity (SCIO) registered in
Scotland, Charity Number SCO22494



Promoting Recovery from
Drug and Alcohol Misuse



OPEN Service
in East Lothian

FOR ADULTS AFFECTED BY A LOVED
ONE'S DRUG AND ALCOHOL MISUSE

What is the Open Service ?

Families and significant others play a critical role in supporting a loved one who is using or recovering from problematic drug or alcohol use. They are often relied upon to provide support to their loved ones without being aware that support is available for them also.

When someone is misusing substances it not only affects them, it also has a huge impact on the lives of those close to them. This can put a strain on relationships, finances and well-being.

The MELD Open Service offers a safe and confidential place, where families and significant others can get the support they need, whilst supporting their loved ones on the road to recovery.

Our service is dedicated to supporting families and significant others by providing:

- Information/educational input
- One to one support
- Family support groups
- Coping strategies
- Stress management
- Family meetings
- Naloxone training
- Signposting

We can arrange to meet with you in a convenient place if it is not suitable for you to travel to the MELD office.

Contact us for more information and to find out how the service could help you

NALOXONE TRAINING

It can often be family members, partners or significant others who are first on the scene of an overdose. This can be a frightening experience but learning about Naloxone and undertaking a short training session can help loved ones feel more confident in administering this medication in an emergency situation.

Naloxone is a medication used to block the effects of opioids, especially in overdose.

The MELD Open Service provides Naloxone training to families and significant others so that you will:

- Understand the causes of opiate overdose
- Know how to recognise overdose signs
- Know what action to take in the event of an overdose
- Understand what Naloxone is and how it is used
- Have myths and misconceptions about overdose dispelled
- Practice some basic first aid techniques
- Feel more confident in dealing with an overdose

After the training you will be given a naloxone kit to keep in the event of an emergency situation.