

Who should I contact for more information about Peer Support?

**MELD (East Lothian)**

The Esk Centre Ladywell Wa  
Musselburgh EH21 6AB

T: 07843 339 963 or  
0131 446 4833

E: [office@meld-drugs.org.uk](mailto:office@meld-drugs.org.uk)

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

W: [www.meld-drugs.org.uk](http://www.meld-drugs.org.uk)  
FB page: @MELD New

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



**East Lothian Peer Support**

## What is Peer Support?

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Peer support is based on people sharing their own experiences to support each other and gaining mutual respect from this.

People can feel less alone if they talk about their experiences and share coping strategies that work for them.

MELD peer support workers are further along in their recovery and have gained valuable skills and experiences along the way that they can share with people accessing the service.

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## MELD: What is on offer?

MELD Peer support is a service based in East Lothian which provides confidential one to one support in the community. People can use the service as a one off or for a longer period of time. Peer Support can offer:-

- Practical and emotional support
- Suggest ideas and inspiration for better wellbeing and recovery
- Help you to achieve goals related to better well being
- Links to different organisations and advice about relevant services in East Lothian
- Introduce you to a network to people who are in recovery
- Support in attending appointments
- Support in attending group sessions for the first time
- Access to groups in East Lothian

## Who can access the service?

To access the service, individuals need to:

- Be 18+ years old
- Live in East Lothian
- Have an alcohol or substance misuse problem which they are trying to address
- Experiencing some kind of mental health issue. This is not dependant on a diagnosis, and could be things like anxiety or depression.

## How can I access the service?

- Individuals can be referred by external agencies.
- A Peer Support Worker will then meet with the person one to one.
- You can also self refer.