

CONTACT US

For support or general enquiries
contact MELD on 07843 339 958

MELD (East Lothian)

The Esk Centre
Ladywell Way
Musselburgh, EH21 6AB
T: 0131 446 4833

MELD (Midlothian)

Number 11
St Andrew Street
Dalkeith, EH22 1AL
T: 0131 285 9553

E office@meld-drugs.org.uk

W www.meld-drugs.org.uk



at MELD New

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



MELD receives funding from:



Midlothian

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



Promoting Recovery from
Drug and Alcohol Misuse



ABOUT MELD

MELD aims to provide locally accessible, confidential and non-judgemental services to promote recovery and reduce substance misuse related harm to individuals, families and the wider community across Midlothian and East Lothian.

OUR CORE SERVICE PROVIDES

- Confidential advice*, information and a counselling skills approach for substance users, their families and friends.
- A comprehensive assessment in order to determine your needs.
- A full range of services to assist you in your recovery.
- Strong partnerships with other agencies in order to deliver holistic, person-centred support to help you achieve your goals.

* our confidentiality policy will be explained, in full at the first meeting.

To access this service please call:

07843 339 958

ADDITIONAL RECOVERY SERVICES

PEER SUPPORT SERVICE (East Lothian)

Offers motivational interventions and supports people within services to attend appointments or attend groups for the first time.

Contact 07843 339 963

NEEDLE EXCHANGE SERVICE

Provides clean injecting equipment and advice on safer injecting, and provides information on related issues such as blood borne viruses

Contact 07843 339 960

FAMILY SUPPORT (East Lothian)

Offering support to those affected by or worried about someone else's substance misuse

Contact 07541 460 725

GROUP WORK

SMART Recovery Group

Are compulsive or addictive behaviours causing you problems? Want to learn self-empowering techniques to aid your recovery? SMART recovery meetings are open, where people help themselves and others recovery through confidential discussions

Wednesday 9.30am—11.15am

Mindfulness

Mindfulness reduces stress and anxiety symptoms and manages some of the symptoms related to drug and alcohol dependency. It is a relaxed session, offered on a drop-in basis with no need to attend every session

Wednesday 1.15pm- 2.30pm

Acupuncture

Wednesday 11.15am-12.15pm

Visit www.meld-drugs.org.uk or contact us for information on how to join.

Please note all of our services and group sessions are subject to change. Please check our website or contact us on 07843 339 958 for up to date information or clarification