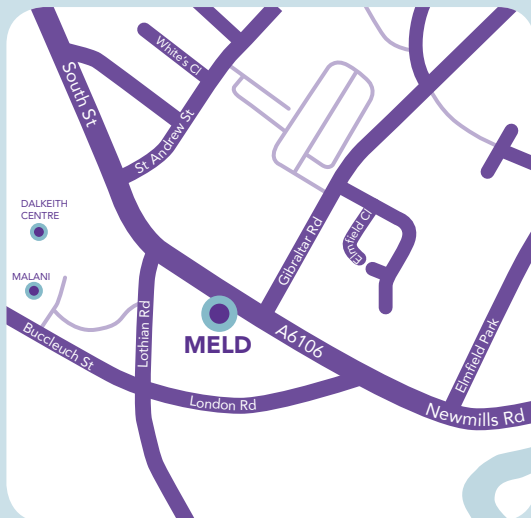


CONTACT US

OFFICE HOURS
MONDAY TO FRIDAY
9AM TO 5PM

Mid & East Lothian Drugs (SCIO)
The Esk Centre
Ladywell Way
Musselburgh EH21 6AB

T 0131 660 3566 **FB page:** MELDNew
E office@meld-drugs.org.uk
W www.meld-drugs.org.uk



INFORMATION ADVICE COUNSELLING SKILLS SUPPORT FOR FAMILIES & SIGNIFICANT OTHERS



Promoting Recovery from
Drug and Alcohol Misuse



MELD receives funding from:



MELD is an independent charity (SCIO) registered
in Scotland, Charity Number SC022494



OPEN Service in East Lothian

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

MOTHER FATHER SON DAUGHTER GIRLFRIEND BOYFRIEND HUSBAND WIFE
PARTNER NEIGHBOUR SIGNIFICANT OTHER CIVIL PARTNER SISTER BROTHER NIECE NEPHEW UNCLE
AUNT FRIEND COUSIN MOTHER FATHER SON DAUGHTER GIRLFRIEND BOYFRIEND
HUSBAND WIFE PARTNER NEIGHBOUR SIGNIFICANT OTHER CIVIL PARTNER SISTER BROTHER
NIECE NEPHEW UNCLE AUNT FRIEND COUSIN MOTHER FATHER SON DAUGHTER
GIRLFRIEND BOYFRIEND HUSBAND WIFE PARTNER NEIGHBOUR SIGNIFICANT OTHER CIVIL
PARTNER SISTER BROTHER NIECE NEPHEW UNCLE AUNT FRIEND COUSIN

ABOUT OPEN

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

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

The MELD Open Service provides Naloxone training in small groups or one to one sessions. After the training you will be given a naloxone kit to keep in the event of an emergency situation.



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