



## Confidentiality

Relationships Scotland Orkney maintains the confidentiality of all clients. We do not share information about our clients unless we have significant safety concerns or are required to do so for other legal reasons.

What clients say about the service:

“It has given me an anchor point, targets and point of focus. Each meeting makes me feel good and gives me good insight into myself and allowed me to believe in myself.”

“Over the last year I have been able to build on using coping strategies to keep my alcohol consumption under control. This is directly due to the support work and counselling I have received from Relationships Scotland Orkney. My quality of life continues to improve and I am feeling as if I am more in control. The service provided has literally made the difference between allowing me to function or spiralling downwards.”



## Inclusivity

Our services are free and accessible to all: we work with anyone in Orkney whatever their age, sex, gender, race, religion or beliefs.

## Relationships Scotland Orkney

1st Floor Right  
Kirkwall Travel Centre  
West Castle Street  
Kirkwall  
KW15 1GU



**Office hours:**  
Monday - Friday  
9am-5pm

01856 877750  
enquiries@rsorkney.org.uk  
www.rsorkney.org.uk

Appointments may be available outside these hours by arrangement.

Services are provided free of charge unless otherwise indicated. Our funding comes from a variety of government and charitable sources, and we also rely on client donations to help with our running costs. Opportunities to make a contribution are available at each meeting should you wish to do so. Any contribution, however small, is very much appreciated.

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We are grateful to the organisations who help us fund our services. For information on our funders, please visit our website: [www.rsorkney.org.uk](http://www.rsorkney.org.uk)

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Relationships Scotland Orkney is affiliated to Relationships Scotland, the national body for counselling, mediation and family support.



Relationships Scotland Orkney  
Registered Scottish Charity No SC023164  
Company Ltd by Guarantee 380628



**RELATIONSHIPS  
SCOTLAND**

Orkney

# Alcohol and Drug Services

Tailored support and counselling for people affected by their own or someone else’s alcohol/drug use



“I feel more in control of my drinking, there is less craving, and dependence and I feel the benefit for having less and periods of none at all.”

## Alcohol and Drugs Support for Adults

This involves:

- A comprehensive needs and risk-assessment, including signposting to other services, where appropriate.
- Offering advice and information around the harms associated with drug and alcohol use and its impact on relationships.
- One-to-one emotional and practical support, tailored to the individual. This may include setting goals around reducing or abstaining from using alcohol/drugs, and managing lapses.
- Helping someone engage in meaningful activities to replace the substance use, particularly at high risk times.
- Helping someone to develop coping strategies, manage relationship difficulties, enhance communication skills, and improve their overall wellbeing and life satisfaction.
- Supporting them to establish a secure base before progressing to therapy, where appropriate.

“My counsellor has been a guiding light and helped me to understand myself and others and it has been a safe space to allow myself to be vulnerable and express feelings.”

## Alcohol and Drugs Support for Young People

One-to-one support for young people (16+) affected by their own or someone else’s alcohol or drug misuse. This includes:

- A comprehensive needs and risk-assessment, including signposting to other services, where appropriate.
- Offering advice and information around the harms associated with drug and alcohol use and its impact on relationships.
- Support around how to manage difficult relationships, particularly in the context of harmful drug/alcohol use.

## Support for Family Members and Loved Ones

Emotional and practical support to help family members who are helping a loved one on their recovery journey, including:

- Helping family members manage their own responses to their loved one’s behaviours/substance use.
- Helping them to improve their relationship with the person using substances, and to look after their own wellbeing.
- Signposting to other services which may be able to offer financial, practical, housing and other forms of support.

## Specialist Alcohol and Drugs Counselling for Adults

Person-centred counselling involves working one-to-one with a therapist to:

- **Explore** – helping the person to explore the underlying issues contributing to their substance use, in a safe and non-judgemental space.
- **Prevent** - where an individual may be at risk of substance misuse, helping them to understand their thoughts / feelings / behaviours and to find ways to reduce the risks of harm.
- **Recover** – where an individual is ready to make changes to their substance use, the therapist can support them to achieve sustained change over time.

This is often long-term work and an individual may access both support and therapy at different times on their journey. Our approach is person-centred, trauma-informed and tailored to the individual’s needs as they change over time.

Our services are:

- free and confidential
- safe, non-judgemental and empathetic
- flexible, working around the individual’s needs and circumstances.

