



Addaction offer a range of services both one-to-one and for groups of people on Islay and Jura.

We work with individuals who want help with recovery from substance use and also with family and friends who support them.

Phone 01496 301455/7583133825 or free phone 08002061460.

One to One Support

Addaction offers free , confidential and impartial one to one support for anyone living in the Argyll and Bute area.

MAP: Mutual Aid Partnership

For individuals who wish to maintain and monitor their recovery.

Also for groups of people to share their recovery journeys and give and receive support to peers.

CRAFT: Community Reinforcement and Family Therapy

For family, friends and supporters of people who have experienced problematic substance use

Can be done in a group or as one to one.

CRAFT helps with establishing positive support for people in recovery.

Addaction Recovery Champion Programme

People established in recovery who want to give back something to their communities as a consequence of undertaking an Addaction recovery programme.

For further information please contact Sandra Macintyre 01496 301455/07583133825.