



## Scottish Families Festive Helpline Hours

- Support for anyone who has a concern about a loved one's alcohol and/or drug use.
- Support for those who have lost a loved one and that loved one had used alcohol and/or drugs problematically prior to their death
- National click & deliver naloxone postal service with the choice of Prenoxad injection or Nyxoid nasal spray.
- All supports can be accessed through any of the contact channels below

**Freephone** – 08080101011

**Email** – [helpline@sfad.org.uk](mailto:helpline@sfad.org.uk)

**Webchat** – [www.sfad.org.uk](http://www.sfad.org.uk)

**Online enquiry form** – <https://bit.ly/3JhSLxx>

**Text only** – 07908 667551

**Naloxone request** - <https://bit.ly/3HM50lv>

		<b>Manned Hours</b>
Monday	19-Dec	0900-2100
Tuesday	20-Dec	0900-1700
Wednesday	21-Dec	0900-1700
Thursday	22-Dec	0900-1700
Friday	23-Dec	1700-2000
Saturday	24-Dec	Usual Weekend Callback Service - answer machine
Sunday	25-Dec	Usual Weekend Callback Service - answer machine
Monday	26-Dec	1800-2100
Tuesday	27-Dec	1700-2000
Wednesday	28-Dec	0900-1700
Thursday	29-Dec	0900-1700
Friday	30-Dec	0900-1700
Saturday	31-Dec	Usual Weekend Callback Service - answer machine
Sunday	01-Jan	Usual Weekend Callback Service - answer machine
Monday	02-Jan	1800-2100
Tuesday	03-Jan	1700-2000
Wednesday	04-Jan	0900-1700
Thursday	05-Jan	0900-1700
Friday	06-Jan	0900-1700
Saturday	07-Jan	Usual Weekend Callback Service - answer machine
Sunday	08-Jan	Usual Weekend Callback Service - answer machine