

“I felt the group sessions with the Community Addiction Team were not for me so I contacted the Glasgow Council on Alcohol for an appointment with the counsellor I had met during one of my visits to Silverburn pharmacy. I immediately felt a rapport with the counsellor; she seemed to ask all the right questions in a professional and caring way.

Right away I could tell I had made the correct decision engaging with the Glasgow Council on Alcohol. The visits were every week, progressing to fortnightly when I felt ready.

It was such a relief to know that I was being taken seriously. I felt that I could confide in my counsellor and any help or advice that I received was well thought out and supportive. The visits are always productive and I now arrive and leave with a spring in my step!

I feel that I've got my life back and it is reassuring to know that these meetings will be available to me for as long as I need them.”

Service User, Local Glasgow Council on Alcohol Counselling Service