

How confidential is it?

Confidentiality means that what is said will remain private between you and your counsellor. If at any point your counsellor thinks that you or someone else is at serious risk of harm or is concerned about the welfare of a child(ren), they may have to break confidentiality and share what has been said with someone else in the counselling team or outside of the organisation. They would chat with you about what they plan to do and who else might have to be informed.

Being at serious risk to yourself does not generally include taking drugs. At your first appointment, you will be given a copy of our confidentiality policy and it will be explained to you. If you have any questions about our confidentiality policy and what it means to you then please ask your counsellor or a member of the counselling team.

We base our confidentiality information and contract on the British Association for Counselling and Psychotherapy (BACP) Ethical Framework.

All our counsellors are registered members of BACP or other professional bodies.

Crew has a complaints procedure for clients. Please see a printed copy on the pin board outside the counselling rooms or ask for a copy.

Crew is a registered charity and if you would like to make a donation please visit our website

www.justgiving.com/crew2000
to donate online.

How to find us

We're up Anchor Close next to the Crew Drop-in on Cockburn Street. (Please note we are up an external flight of stairs). Crew sign/buzzer on the door.



32/32a Cockburn Street Edinburgh EH1 1PB

For more information:

0131 220 3404

(Mon-Fri 10am - 5pm)
admin@crew2000.org.uk

Or visit our Drop-in
Mon-Wed 1pm - 5pm
Thu 3pm - 7pm
Fri-Sat 1pm - 5pm

Learn more online:

www.crew.scot



Crew 2000 (Scotland) is a company limited by guarantee, registered in Scotland, company number SC176635, and a charity also registered in Scotland, SCO 21500. Registered office: 32/32a Cockburn Street, Edinburgh EH1 1PB



Are you feeling anxious and overwhelmed?

Are you taking stimulant drugs to cope?

We can offer a space to talk.

We provide free, **professional counselling** for people concerned about their **stimulant drug use**. For example, cannabis, cocaine, ecstasy, amphetamines and new psychoactive substances (NPS).

For more information:

0131 220 3404

(Mon-Fri 10am-5pm)

Counselling is available for individuals 18 and over



Individual counselling

Crew's qualified counsellors specialise in working with people who have concerns about their stimulant drug use and their mental, emotional and physical wellbeing. We offer a safe, confidential space where you can explore your feelings, thoughts and difficulties in more depth.

You may feel anxious, stressed, angry, depressed and be taking drugs. You may have experienced loss, bereavement or be having relationship problems. You may feel isolated, lonely or low in confidence. You may just be feeling unhappy and are unsure why.

You may wish to talk about life events past or present that are causing difficulty for you such as childhood issues, sexual/gender identity issues, self-esteem, physical health problems, illness, trauma or abuse/violence.

Our approach is person-centred: it is about you as an individual and it is a time to concentrate on your needs. Your counsellor will listen to you and try to really understand how things are for you, with acceptance and without judgement.

We welcome and support people of all cultures, gender identities, sexual orientations, religious and ethnic backgrounds and people with disabilities.

Engaging in counselling can be hard work at times. However, it is our experience that it can and does help bring about change in people's lives.

/// I finally feel accepting of who I am and am comfortable in my own skin. I now know where I want to be in life and what my long term goals are. Mindfulness has played a huge part in my ability to release stress and anxiety. My smoking and self-harming has reduced massively thanks to my counsellor's help. ///

/// I've made such amazing progress since starting counselling here, I only wish I'd had the courage to do it ten years ago. ///

(Feedback from counselling clients)

Concerned about your drug use?

You may have concerns about taking stimulant drugs and how this is affecting your mental health and wellbeing. Stimulant drugs include cannabis, cocaine, ecstasy (MDMA), amphetamines, ketamine, new psychoactive substances (NPS) and others. Please visit www.crew.scot for more information on stimulant drugs.

We work with people who may recently have started taking drugs, those who have been taking them for some time and also those who have stopped. We offer information and support on ways to reduce harm and can explore this in weekly counselling sessions if that is helpful to you. We offer a space to explore and work out the best options for you.

If you are taking other drugs and/or alcohol and aren't sure if we can help you, please call us and we can clarify or signpost you to relevant services.

How to access counselling

You can access Crew's counselling service by phone or by coming to our Drop-in on 32 Cockburn Street. We will take some initial details from you then invite you to come in for an informal appointment to see if this is the right service for you.

If this is not the right time for you to engage in counselling we can look at referring you to other organisations if this would be helpful to you. We can also explore putting more support in place for you.

We can offer up to 30 weekly sessions Mon-Fri daytime for individual counselling with a qualified counsellor. We also offer evening appointments but please note there is limited availability so you may have to wait longer to be seen.

Support for others

Crew can also offer short-term counselling of up to six weekly sessions for people affected by another's drug use. You may be directly affected by another's drug taking, e.g. a partner, friend or a member of your family. This can be very stressful, a worry to you and can impact on your own health and wellbeing. We can also signpost you to other longer-term support options.

Visit our Drop-in:

You can visit our Drop-in on 32 Cockburn Street to refer to our counselling service; for non-judgmental information, advice or support on drugs and sexual health; free condoms, lube and dams; free blood borne virus (BBV) and pregnancy testing. For BBV and pregnancy testing it's best to make an appointment by contacting us on 0131 220 3404.

Please see back of leaflet for opening times.