

Crew Counselling Service



At Crew, we offer a non-judgemental space to talk for people who may be struggling emotionally and are taking or have historically taken stimulant drugs, including cannabis, cocaine, ecstasy, ketamine, amphetamines and new psychoactive substances (NPS) among others.

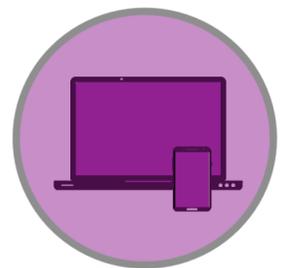
We offer up to **30 free counselling sessions**. Appointments usually take place weekly, and last one hour.

We welcome people of all cultures, gender identities, sexual orientations, religious and ethnic backgrounds and people with disabilities. If you have particular access needs we can discuss how we can support you to access our service. Crew can also offer short-term counselling for people affected by another's drug use. Please ask us about this if it is relevant to you or someone you know.

Telephone and online counselling

In response to COVID-19, and for the wellbeing of our counsellors and clients, we are currently offering telephone counselling and online counselling (video sessions). Counsellors will be in a secure, confidential location for this and we ask that you try to have a safe, confidential space if possible too.

- For telephone counselling you would need a telephone (mobile or landline) that you can use in a suitable space.
- For online sessions you would need an internet connection and a device that can support a video call: a smartphone or computer that you can access in a suitable space. We use a secure platform called **Attend Anywhere**, and can give more details on how this works if you are interested.



Contact

- Whilst we are not in our office due to the COVID-19 pandemic, you can contact us over email at referrals@crew2000.org.uk
- Our face to face counselling sessions usually take place at Anchor Close, up external stairs from Cockburn Street.

How do I refer?

Once you make contact with us via email and let us know you would like to refer for counselling, we will contact you over the phone to take some more details, and explore if counselling is the right service for you right now.

More information and support from Crew

Access our **Digital Drop-in** for free, up-to-date information, advice and one to one support on drugs and sexual health.

Email us at dropin@crew2000.org.uk or message us on Instagram - [@crew_2000](https://www.instagram.com/crew_2000)

1-5pm Monday – Wednesday, Friday – Saturday and 3-7pm on Thursdays (closed on Sundays).

For more information on stimulant drugs visit www.crew.scot

Urgent support

If you would like to speak to someone urgently, you can call:

- Samaritans 24/7 on 116 123
- Breathing Space Mon-Thurs 6pm-2am and from Friday 6pm – Monday 6am
- Edinburgh Crisis Centre 24/7 on 0808 8010414

