

## Studio 8

Studio 8 offers a direct access service for people who are 16 years and over seeking support in tackling their substance misuse.

Studio 8 is committed to providing direct access to information, support and guidance in a safe, relaxed and confidential environment for those who are affected by drugs and alcohol in Moray.

### Opening Times

Monday 10am – 6pm

Tuesday 10am – 7pm

Wednesday 10am – 6pm

Thursday 10am – 7pm

Friday 9am – 5pm

Saturday Closed

Sunday Closed

### Contact Details

Studio 8

Direct Access Service

7 North Guildry Street

Elgin IV30 1JR

T 01343 543792

W [studio08@turningpointscotland.com](mailto:studio08@turningpointscotland.com)

Studio 8 is one of the many services provided by Turning Point Scotland (TPS). We provide person centred support to adults with a range of complex needs throughout Scotland.

Turning Point Scotland

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Turning Point Scotland is a company limited by guarantee No 194639 (Scotland) Registered Office 7 West George Street, Glasgow G2 1BA. Charity No SCO28827.



designed and produced by Michael Dancer / 0141 424 0401



## Studio 8

Making **Substance Misuse**

Services Fit People



## What we offer

### Direct Access

People can get support by referring themselves or by walking into our modern access point in North Guildry Street in Elgin. For those unable to travel to Elgin we operate a telephone helpline and provide email support. Everyone supported by Studio 8 will have their own personal plan which will ensure an individual tailored programme of support.

### Arrest Referral

People within the criminal justice system can access advice, guidance and support from Studio 8. We work in partnership with Grampian Police in order that people with substance misuse issues can obtain support from our service during a point of crisis in their lives.

### Drop-In

At Studio 8 we appreciate that not everyone wants a 'caseworker' or 'key worker' whilst seeking some form of support and guidance. Our drop-in facility is available five days a week at the following times:

**Monday 1pm - 2pm**  
**Tuesday 2pm - 4pm**  
**Wednesday 12pm - 1.30pm**  
**Thursday 5pm - 7pm**  
**Friday 1pm - 3pm**

**"I have never had this kind of support before; it has made a huge difference to my thoughts about my drug taking. I have enjoyed my time at Studio 8 doing acupuncture and smart recovery groups."**



**"I received help with my partner who is an alcoholic; I received contacts for help with abuse, contacts for my daughter and advice on what to do in certain situations. This has helped me greatly and I have now managed to sort most things out in my personal life."**

**"I would never have believed I could achieve what I have, I have received excellent support and aftercare. I feel the aftercare was most important as stopping drinking wasn't the hardest part but the months that followed were."**

### Needle Exchange

The Studio 8 needle exchange service offers information, support and guidance on all aspects of injecting drug use in a safe, relaxed and confidential environment. Opening times for this service are:

**Monday 10am - 5pm**  
**Tuesday 1pm - 7pm**  
**Wednesday 10am - 5pm**  
**Thursday 10am - 7pm**  
**Friday 9am - 5pm**

### Group work

The following groups are available at Studio 8:

- Life skills
- Peer support
- Family support
- Harm reduction
- Motivation to change
- Relapse prevention
- Alternative therapies

Studio 8 offers support to individuals who may be waiting to access other specialist services. The service provided encourages motivation so that individuals can address their own issues. We empower people to achieve their own goals and aspirations through their own recovery.