

What people say...

**“The Alexander Clinic kept faith in me when my problem seemed hopeless”**

Former patient

**“Well done; the Alexander Clinic is a very important resource. Profoundly life-changing for many people”**

Care Manager

**“the aim is to provide an environment to support people in facing the challenge of addiction, and to equip them for a healthier, happier life”**

Clinic Manager



For confidential advice  
CALL: **01651 872100**

OR TEXT ENQUIRIES:  
**0786 0021804**

Email: [enquiries@alexanderclinic.co.uk](mailto:enquiries@alexanderclinic.co.uk)

**Alexander Clinic**

King Street | Oldmeldrum | Aberdeenshire AB51 0EQ

[www.alexanderclinic.co.uk](http://www.alexanderclinic.co.uk)

Alexander Clinic

**Problems  
with drug or  
alcohol  
dependency?**

We provide detox,  
rehabilitation, counselling  
and family work

# Alcohol or addiction problem?

The telltale signs...

- Increased alcohol or drug use
- Tried to cut down without success
- Erratic or unpredictable behaviour
- Strain on family relationships
- Increased absence from work
- Family and friends are concerned for the person
- Symptoms of depression
- Dropped friends or interests due to drinking or using

How we can help...

We provide detox from:

- Alcohol
- Drugs
- Prescription drugs
- Methadone

**“We should not let our fears hold us back from pursuing our hopes”**

John F Kennedy

What we offer...

- A residential 6-week primary care programme to address severe alcohol and drug problems
- A residential 10-15 week secondary care programme
- A programme for family members and concerned persons
- 1-2-1 counselling and outpatient services
- A supportive and safe environment
- Individual and personalised treatment plans
- Professional, experienced and committed staff team
- 24 hour nursing cover
- Registered private independent hospital
- Free assessment

**“The clinic provides a caring, nurturing environment where clients can begin the journey out of fear despair and loneliness towards happiness and contentment. Highly skilled support and counselling will be required but it is possible to rebuild your life and find true peace if you reach out and make it happen...”**

Mark Hepburn, Clinic Manager

Where do I go from here...

- Ask for help
- Speak to our staff
- Get an assessment
- Call or text your enquiry
- Get your life back together
- Act now!!!



# Does someone you know need help with alcohol or drug dependency?

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and family work.

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INVESTOR IN PEOPLE



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