

Alcohol and Drug Snapshot

March 2024



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Women should feel supported, valued, seen, connected, included and treated with compassion.

Stigma and marginalisation remains a universal problem for people who use drugs and due to societal norms and expectations women are likely to face additional stigma.

In 2022, in Scotland there was 359 female drug related deaths and 440 alcohol related deaths.

[Source](#) [Source](#)

Stigma makes it significantly harder for women to be honest and open to seek help and access treatment. Evidence tells us that treatment is a protective factor against alcohol and drug-related harms and deaths.

Addressing and reducing the impact of stigma is crucial to ensure women are able to access the treatment and health care that they require.

Womens Health Plan

Women's Health Plan

A plan for 2021-2024



Scottish Government
Riaghaidh na h-Alba
gov.scot

The Women's Health Plan underpins actions to improve women's health inequalities by raising awareness around women's health, improving access to health care and reducing inequalities in health outcomes for girls and women, both for sex-specific conditions and in women's general health.

The plan is underpinned by the following principles:

- Addressing inequalities
- A life course approach
- Gender Equality and intersectionality
- Respectful and Inclusive services

Public Health Resource Directory

Women who are pregnant, or planning to be, often have questions about drinking alcohol at this time. This leaflet sets out to answer some of these questions.

NHS GGC Public Health Resources Directory (PHRD) is an easy to use online ordering facility for a range of public health and health improvement resources.

A number of women specific resources are available and can be downloaded or ordered, free of charge via the PHRD website .



**ALCOHOL
BEFORE
DURING
& AFTER
PREGNANCY**



It's best to avoid alcohol when trying for a baby and when you are pregnant. No alcohol, no alcohol harm.

By MY Side

My journey. My choice. My way.

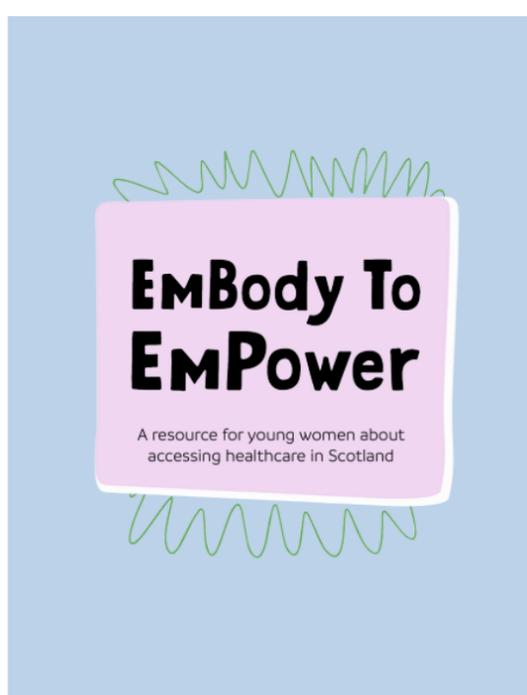


By My Side is a digital App that has been co-developed by Simon Community and women using their service.

The app offers harm reduction support, advice and resources to people using their services.

Simon Community Scotland

Embody to Empower Resources



EmBody to EmPower is a resource co designed by young women for young women

The aim of the resource is to support young women build the skills and confidence to self advocate in health care and to create a more inclusive understanding of what a positive health care is.

There resource can be accessed in digital or physical format via the EmBody to EmPower website.

Websites and Services



CSE Aware is a platform for frontline staff working in services across Scotland to increase and share their knowledge and skills around commercial sexual exploitation



Routes Out is a service in Glasgow that offers advice, information and support to women who sell sex.



Scottish Women's Aid is the lead organisation in Scotland working towards the prevention of domestic abuse. They offer support services and have a wealth of resources, training and support for those in the sector.



Archway is a Sexual Assault Response Coordination Service, a specialist service in Glasgow made up of a team of experts experienced in caring for people who have been raped or sexually assaulted within the last 7 days. Archway also have a number of resources for professionals who are supporting someone who.



Alcohol and Recovery Drug Services provides a range of treatment and care options for individuals who are affected by their own or someone else's alcohol and/or drug use.



The Women's Health Platform sets out information on women's health at key stages of life, from puberty to later years.