

Alcohol and Drug Snapshot

November 2026



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Thursday 12 November



Alcohol Action Day for Scotland

#AlcoholActionDay

Sign Up to Take Action!

Scotland's first Alcohol Action Day

Alcohol is an issue that affects every part of Scottish society. Alcohol deaths remain at near record highs, with 50 people dying each week. One in two people report being affected by someone else’s drinking. Alcohol contributes to anti-social behaviour in our cities and towns and adds huge pressures to our health service and criminal justice system.

That’s why Alcohol Focus Scotland has joined together with partners across the sector to create Alcohol Action Day Scotland: a day to give organisations across the alcohol sector the opportunity to talk about alcohol in Scotland.

The first ever Alcohol Action Day will take place on Thursday 12 November.

From November 2026 onwards, Alcohol Action Day Scotland will become an annual opportunity to spark conversations, share experiences, highlight solutions and champion the work that is happening every day.

We're inviting you to [join us](#) in making this first Alcohol Action Day a success The theme for the first ever Alcohol Action Day for Scotland will be: Support,

We’re encouraging organisations to think about what that means for their work and to use the day to highlight a campaign, shine a spotlight on the vital work they do to and amplify the voices of people with lived experience of alcohol harm.

Theme in Focus: What Does Support Look Like?

What Does Support Look Like?

Alcohol harm touches families, workplaces, and communities right across Scotland. For Scotland’s inaugural Alcohol Action Day, the focus is squarely on Support, ensuring that individuals, loved ones, and communities know that help is available, accessible, and free of stigma. Support takes many forms:

- **Early Conversations:** Having open, compassionate discussions about drinking habits without judgement.
- **Community & Peer Networks:** Connecting with local recovery groups and shared lived-experience spaces where people can speak freely.
- **Specialist Services:** Accessing professional healthcare, counselling, and structured treatment pathways.
- **Family & Carer Care:** Providing dedicated emotional and practical support for those affected by someone else’s drinking.

Where to Turn

- **Drinkline Scotland**
Concerned about your alcohol or drug use - or someone else’s? We’re here to help you. If you’re a family member or friend worried about someone you love, we want to support you too.
Call: 0800 7314 314 (Mon–Fri 9am–9pm, Sat–Sun 10am–4pm)
- **Scottish Families Affected by Alcohol and Drugs (SFAD)**
Support, guidance, and a listening ear tailored for family members, partners, and friends. Helpline: 08080 10 10 11 |
- **NHS Inform Scotland**
Comprehensive directory of local community addiction teams, GP support, and self-management tools.
- **Peer Support & Recovery Communities**
SMART Recovery Scotland: Practical, evidence-based mutual aid groups
- **Alcoholics Anonymous (AA)**: 24/7 national helpline: 0800 917 7650 |



Alcohol Focus Scotland is a national alcohol charity working to reduce harm caused by alcohol.



Alcohol Change UK is a leading UK alcohol charity, formed from the merger of Alcohol Concern and Alcohol Research UK. We at Alcohol Change UK work for a society that is free from the harm caused by alcohol.



Healthy Minds Resource Information Session

Healthy Minds is a universal resource which aims to promote basic awareness and understanding of mental health and topics that are associated with and can impact on mental health and wellbeing. The aim of this session is to raise awareness of the relationship that can exist between alcohol and mental health.



We, the British Liver Trust, now merged with the Children's Liver Disease Foundation, are the largest UK liver charity for people affected by a liver condition and we lead the fight against liver disease and liver cancer. We reach over a million people each year; providing up-to-date information and support to patients and families, raising awareness of liver disease and its risk factors and providing vital advice to help people improve their liver health.



Maintaining a healthy weight or losing some weight has real health benefits. Losing just 5kg (11 lbs) could lower your blood pressure and cholesterol levels and may improve your mobility and reduce aches and pains! You can find out more about NHSGGC Weight Management services can help you to manage your weight.



Alcohol and Recovery Drug Services (ADRS) 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.



NHS Inform host a directory of health and wellbeing services in Scotland. Including GP practices and support groups.