

**Update from Sandra MacIntyre, We Are With You**

Obviously my main area is in Alcohol and Drugs; the stats for the last year make grim reading, Scotland and in fact all of the UK have the highest ever drug deaths for this year 20-21.

Throughout, Argyll and Bute and in Mid-Argyll, Kintyre and Islands. We are still concerned with the high level of cocaine use especially among young people under 23's. This addictive and non-reversible drug is going to cause future health issues if it doesn't kill the user outright through stroke and heart problems. With Alcohol issues, we are facing a high level of people displaying chronic liver disease and mental health problems. So, there is still ongoing work to do. The membership can help by promoting We Are With You website where we have web chat on [www.wearewithyou.org.uk](http://www.wearewithyou.org.uk) or Argyll and Bute project generic email can send them a referral form on [argyllandbute@wearewithyou.org.uk](mailto:argyllandbute@wearewithyou.org.uk) or giving people out our Freephone number 0800 206 1460. Thanks.