



Narcotics Anonymous is an international, community based, non-profit fellowship of men and women for whom drugs have become a major problem. Membership is open to anyone regardless of age, sex, religion, race, creed or class.

Development

Narcotics Anonymous started in the USA in 1953, and the first meeting in the UK was held in Chelsea, London in 1980. There are now over 70,000 weekly meetings held worldwide, approximately 770 weekly meetings of which are held in the UK now, with 98 of these being in Scotland and 6 of those in Aberdeen.

The Narcotics Anonymous Programme

Narcotics Anonymous is a completely voluntary organisation. Membership is open to anyone with a drug problem seeking help regardless of what drug or combinations of drugs have been used. Anonymity is one of NA's most important traditions. No membership or attendance records are kept. There are no fees or dues for membership. Narcotics Anonymous is entirely self-supporting and accepts no financial contributions from non-members. Most members regularly contribute small sums of money at group meetings to help cover expenses such as rent, literature, tea and coffee, but contributions are not mandatory.

The core of the Narcotics Anonymous programme is a series of twelve steps, adapted from the recovery programme of Alcoholics Anonymous. These steps include admitting to a drug problem, seeking help, self appraisal, confidential self-disclosure, making amends where possible where harm has been done, achieving a 'spiritual awakening' and supporting other drug addicts who want to recover. Narcotics Anonymous is a non-religious fellowship, encouraging each member to cultivate an individual understanding, religious or not, of a 'spiritual awakening'. Narcotics Anonymous believes that one of the cornerstones of its success is the therapeutic value of addicts working with each other to achieve recovery. In meetings members regularly share their personal experiences with each other, not as professionals but as ordinary people who have discovered that sharing brings about solutions to their problems.

Meetings are facilitated by NA members. Other members may take part by talking in turn about their experience of addiction and the recovery, strength and hope they've discovered through NA. Narcotics Anonymous has no hierarchy or authority structure. The Narcotics Anonymous programme uses a simple, experience-oriented concept of addiction by defining it as a disease from which recovery is possible. Narcotics Anonymous does not qualify its use of the term "disease" in any medical or therapeutic sense, nor does NA attempt to persuade others of the correctness of its views or that recovering addicts can be cured. The NA fellowship simply asserts that its members have found that an acceptance of addiction as a disease is an effective way of helping them to come to terms with their condition - and in finding recovery.

Narcotics Anonymous also recognises that it is one of many organisations addressing drug addiction and does not claim its programme will work for all addicts under all circumstances or that its therapeutic views should be universally adopted.

Aberdeen Narcotics Anonymous Helpline - 07071 223 441

Aberdeen Narcotics Anonymous meetings -

Monday, Thursday and Saturday, 8pm at the Bon Accord Free Church, Rosemount Viaduct AB25 1JY

Tuesday, 8pm at St Peter's Church, Justice Street, Castlegate AB11 5HX

Tuesday, 8pm at Cornhill Hospital, AB25 2ZH. (Lochhead meeting room) (Women's meeting)

Friday, 8pm at Clerkseat Conference Room, Cornhill Hospital AB25 2ZH.

Narcotics Anonymous website - www.ukna.org