



Useful addiction related helplines and websites

This list is by no means exhaustive but is a good starting point

In an emergency please call 111 or 999

Admfam	020 3817 9410	Improving life for families affected by drugs and alcohol.	https://adfam.org.uk/
Alcoholics Anonymous	0800 9177 650	12 Step peer support group open to anyone with a desire to stop drinking.	https://www.alcoholics-anonymous.org.uk/
Al-Anon	0800 0086 811	12 Step peer support group for people worried about someone else's drinking.	https://www.al-anonuk.org.uk/
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ATSAC	N/A	Association for the Treatment of Sexual Addiction and Compulsivity.	https://atsac.org.uk/
BeGamble Aware	0808 8020 133	National gambling helpline and charity.	https://www.begambleaware.org
Cocaine Anonymous	0800 612 0225	12 Step peer support group open to anyone with a desire to stop using cocaine.	https://cocaineanonymous.org.uk/
Co-Dependents Anonymous	N/A	12 Step peer support group open to anyone with a desire for healthy & loving relationships.	http://coda-uk.com/
Cruse Bereavement	0808 808 1677	For anyone who has suffered a bereavement.	https://www.cruse.org.uk/
DrugFAM	0300 888 3853	Free helpline for those affected by someone else's drug or alcohol use, including bereavement.	https://www.drugfam.co.uk
Families Anonymous	0207 4984 680	For families and friends concerned about a loved one's drug problems.	https://www.familiesanonymous.org/
Gamblers Anonymous	0330 094 0322	12 Step fellowship for those who are experiencing problems with gambling.	https://www.gamblersanonymous.org.uk/
GamAnon	0330 094 0322	12 Step fellowship for families of those who are experiencing problems with gambling.	https://www.gamblersanonymous.org.uk/gamanon

If you need help or support please don't hesitate to get in touch at www.actiononaddiction.org.uk / enquiries@actiononaddiction.org.uk



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Men's Advice Line	0808 801 0327	For male victims of domestic violence.	http://www.mensadviceline.org.uk/
Mind	0300 123 3393	Helpline providing advice and support for anyone experiencing a mental health problem.	https://www.mind.org.uk/
Narcotics Anonymous	0300 999 1212	12 Step peer support group open to anyone with a desire to stop using narcotics.	https://ukna.org/
National Association for the Children of Alcoholics	0800 358 3456	Free helpline for anyone whose parents have an alcohol problem.	https://www.nacoa.org.uk/
National Domestic Violence Helpline	0808 2000 247	For anyone experiencing domestic violence, or worried about someone they know.	http://www.nationaldomesticviolencehelpline.org.uk/
NHS Alcohol Support	N/A	Includes information on alcoholism, binge drinking and caring for someone with an alcohol problem.	https://www.nhs.uk/live-well/alcohol-support/
NSPCC	0800 1111	Under 18's line. Offers free, confidential advice and support whatever your worry, whenever you need help.	
NSPCC	0808 800 5000	If you are worried about a child's welfare.	https://www.nspcc.org.uk/
Release	020 7324 2989	Drugs helpline that also provides free legal advice on drug issues.	https://www.release.org.uk/helpline
Respect Phonenumber	0808 802 4040	Helpline for perpetrators of domestic violence.	http://respectphonenumber.org.uk/
Samaritans	116 123	For anyone with concerns, worries or troubles.	https://www.samaritans.org/
Scottish Families Affected by Alcohol and Drugs	08080 10 10 11	Free and confidential helpline for families and friends of those misusing drugs or alcohol in Scotland.	https://www.sfad.org.uk/
Talk To FRANK	0300 123 6600	National helpline and website providing advice and information about drugs.	https://www.talktofrank.com/

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