



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

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Men's Advice Line	0808 801 0327	For male victims of domestic violence.	<a href="http://www.mensadvice.org.uk/">http://www.mensadvice.org.uk/</a>
Mind	0300 123 3393	Helpline providing advice and support for anyone experiencing a mental health problem.	<a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a>
Music Support	0800 030 6789	Specialist music industry mental health and addictions helpline	<a href="https://musicsupport.org/">https://musicsupport.org/</a>
Narcotics Anonymous	0300 999 1212	12 Step peer support group open to anyone with a desire to stop using narcotics.	<a href="https://ukna.org/">https://ukna.org/</a>
National Association for the Children of Alcoholics (Nacoa)	0800 358 3456	Free helpline for anyone whose parents have an alcohol problem.	<a href="https://www.nacoa.org.uk/">https://www.nacoa.org.uk/</a>
National Domestic Violence Helpline	0808 2000 247	For anyone experiencing domestic violence, or worried about someone they know.	<a href="http://www.nationaldomesticviolencehelpline.org.uk/">http://www.nationaldomesticviolencehelpline.org.uk/</a>
NHS Alcohol Support	N/A	Includes information on alcoholism, binge drinking and caring for someone with an alcohol problem.	<a href="https://www.nhs.uk/live-well/alcohol-support/">https://www.nhs.uk/live-well/alcohol-support/</a>
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.	<a href="https://www.nspcc.org.uk/">https://www.nspcc.org.uk/</a>
Release	020 7324 2989	Drugs helpline that also provides free legal advice on drug issues.	<a href="https://www.release.org.uk/helpline">https://www.release.org.uk/helpline</a>
Respect Phonenumber	0808 802 4040	Helpline for perpetrators of domestic violence.	<a href="http://respectphonenumber.org.uk/">http://respectphonenumber.org.uk/</a>
Samaritans	116 123	For anyone with concerns, worries or troubles.	<a href="https://www.samaritans.org/">https://www.samaritans.org/</a>
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.	<a href="https://www.sfad.org.uk/">https://www.sfad.org.uk/</a>



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Talk To FRANK	0300 123 6600	National helpline and website providing advice and information about drugs.	<a href="https://www.talktofrank.com/">https://www.talktofrank.com/</a>
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