

Helpful Agencies for Addictions

Alcohol

Alcohol Concern

National agency on alcohol misuse.

020 7395 4000 Email: contact@alcoholicconcern.org.uk

Website: www.alcoholconcern.org.uk

Alcoholics Anonymous

Information, advice and support to help people recover from alcoholism.

Helpline: 0845 769 7555 (local rate)

Website: www.alcoholics-anonymous.org.uk

AL-ANON Family Groups UK and Eire

Helps and supports families and friends of alcoholics.

Helpline: 020 7403 0888 (10am - 10pm)

Email: enquiries@al-anonuk.org.uk

Website: www.al-anonuk.org.uk

British Liver Trust

Support for adults with liver disease.

Tel: 0870 770 8028

Email: info@britishlivertrust.org.uk

Website: www.britishlivertrust.org.uk

Drinkline - The National Alcohol Helpline

Helpline: 0800 917 8282 Institute of Alcohol Studies

Aims to increase knowledge of alcohol misuse.

Tel: 020 7222 4001 Email: info@ias.org.uk

Website: www.ias.org.uk

National Association for Children of Alcoholics

Addresses the problems faced by children growing up in families where one or both parents are alcoholics or have a similar addictive problem.

Helpline: 0800 358 3456 Email: helpline@nacoa.org.uk

Website: www.nacoa.org.uk

Drugs

Cocaine Anonymous

Helps with the personal recovery of individual drug addicts.

Tel: 0800 612 0225; 0141 959 6363 (Scotland)

Email: helpline@cauk.org.uk Website: www.cauk.org.uk

Helpful Agencies for Addictions

Council for Involuntary Tranquilliser Addiction

Information and support for people addicted to prescription tranquillisers.

Helpline: 0151 932 0102

Families Anonymous

A self-help group based on the 12-step programme for families of drug abusers.

Helpline: 0845 120 0660

Email: office@famanon.org.uk

Website: www.famanon.org.uk

HIT

A drug training, information and publications service for individuals, community groups, health and social care agencies.

Tel: 0870 990 9702

Email: customerservices@hit.org.uk

Website: www.hit.org.uk

HopeUK

Resources and training events for parents, teachers and youth leaders.

Tel: 020 7928 0848

Email: a.wilson@hopeuk.org

Website: www.hopeuk.org

Mentor UK

Supports those working with young people to implement drug prevention initiatives.

Tel: 01509 221 622

Email: secretariat@mentorfoundation.org

Website: www.mentoruk.org

Narcotics Anonymous

Information, publications and support, using the 12-step approach to drug addiction.

Helpline: 0845 373 3366

Email: helpline@ukna.org

Website: www.ukna.org

Parents Against Drug Abuse (PADA)

Support for the parents and families of drug users.

Helpline: 08457 023 867

Email: admin@pada.org.uk

Website: www.btinternet.com/~padahelp

Helpful Agencies for Addictions

Release

Training on drugs and the law, plus advice for legal emergencies.

Helpline: 0845 450 0215

Email: ask@release.org.uk

Website: www.release.org.uk

Re-solv

Information, online training and publications to help prevent solvent and volatile substance abuse.

Helpline: 0808 800 2345 Website: www.re-solv.org

Talk to Frank

Email and telephone support for young people, parents and carers concerned about drugs.

Helpline: 0800 776 600

Email: frank@talktofrank.com

Website: www.talktofrank.com

Alcohol and drugs

Addaction

Information and advice to help individuals and communities manage the effects of drug and alcohol misuse.

Tel: 020 7251 5860

Email: info@addaction.org.uk

Website: www.addaction.org.uk

ADFAM National

Support for families affected by drugs and alcohol. Also runs direct support services at London prisons for families of prisoners with drug problems.

Tel: 020 7928 8898

Email: admin@adfam.org.uk

Website: www.adfam.org.uk

TheSite

Links and articles for young adults about drugs and alcohol. Also provides online email advice service.

Tel: 020 7226 8008

Website: www.thesite.org.uk

Turning Point

Services for people affected by drug and alcohol misuse.

Tel: 020 7702 2300

Email: info@turning-point.co.uk

Website: www.turning-point.co.uk

Helpful Agencies for Addictions

Other addictions

Gamblers Anonymous UK

Support group offering help and advice for compulsive gamblers.

Tel: 020 7384 3040

Email: young.private@gamblersanonymous.org.uk

Website: www.gamblersanonymous.org.uk

GamCare

Provides information and counselling services to gamblers and their families.

Tel: 020 7378 5200

Email: info@gamcare.org.uk

Helpline: 0845 600 0133

Website: www.gamcare.org.uk

Overeaters Anonymous

Support for people with eating disorders using a 12-step approach.

Tel: 07000 784985 Website: www.oagb.org.uk

Beat

Helplines for people with anorexia nervosa or bulimia, and their families and friends.

Adult helpline: 0845 634 1414

Youthline: 0845 634 7650

Email: help@beat.co.uk

Website: www.beat.co.uk