

# WHERE TO GO FOR HELP AND SUPPORT



## Help and support around alcohol

**Action on Addiction** is a national charity which treats all forms of addiction, alcohol, drugs, gambling and gaming for example.

[actiononaddiction.org.uk](http://actiononaddiction.org.uk)

**Adfam** is a national charity for families and friends of alcohol and drug users. It offers confidential support and information. 020 3817 9410 (admin).

[adfam.org.uk](http://adfam.org.uk)

**Alcoholics Anonymous (AA)** provides an opportunity for people to get together to solve their problem with alcohol and help others to recover. Help line: 0800 9177 650

[alcoholics-anonymous.org.uk/](http://alcoholics-anonymous.org.uk/)

**Al-Anon Family Groups** is a service for families and friends of alcoholics. Al-Anon family groups provide understanding, strength and hope to anyone whose life is, or has been, affected by someone else's drinking. 0800 0086 811, 10am-10pm, 365 days a year.

[al-anonuk.org.uk](http://al-anonuk.org.uk)

**Drinkline** is a national service that can offer signposting and support on any issue around alcohol, whether concern about somebody else or personal. They will listen and then direct you to the most suitable local services. 0300 1231 110

## NHS information and support

[nhs.uk/conditions/alcohol-misuse/](http://nhs.uk/conditions/alcohol-misuse/)  
[nhs.uk/live-well/alcohol-support/](http://nhs.uk/live-well/alcohol-support/)

## National Association Children Of

**Alcoholics** is specifically for the offspring – young or grown up who have grown up or been affected by a family members alcohol addiction.

[nacoa.org.uk](http://nacoa.org.uk)

**We are with you** is a national support and treatment charity for alcohol and drug addiction. Help line 0800 11 11 with on line support.

[wearewithyou.org.uk/help-and-advice/](http://wearewithyou.org.uk/help-and-advice/)

## Help and support around drugs

NHS 111 will offer support on all issues including drugs and alcohol.

National Drugs Helpline – Talk to Frank  
Freephone 0800 77 66 00 or via: on 0300 123 6600.

[talktofrank.com](http://talktofrank.com)

**Know The Score** has a live chat function where you can ask questions or ask for help. Tel: 0333 230 9468

[knowthescore.info/help-and-support/](http://knowthescore.info/help-and-support/)

**Narcotics Anonymous Step** peer support group open to anyone with a desire to stop using narcotics. 0300 999 1212 12

[ukna.org](http://ukna.org)

**DrugFAM** 0300 888 3853 Free helpline for those affected by someone else's drug or alcohol use, including bereavement.

[drugfam.co.uk](http://drugfam.co.uk)

**Cocaine Anonymous** 12 Step peer support group open to anyone wanting to stop using cocaine. 0800 612 0225

[cocaineanonymous.org.uk](http://cocaineanonymous.org.uk)

### **Help and support for Gambling and Gaming dependence**

The **National Gambling Helpline** provides confidential information, advice and support for anyone affected by gambling problems in England, Scotland and Wales. Advisers are available over the phone or via live chat every day of the year, 24 hours a day. 0808 8020 133

[gamcare.org.uk/get-support/](http://gamcare.org.uk/get-support/)

### **Rape and sexual assault help and support**

Victims can call NHS 111 the police on 999, or dial 101.

The **Rape Crisis** national freephone helpline operates 12-2.30pm and 7-9.30pm every day of the year. 0808 802 9999

[rapecrisis.org.uk/](http://rapecrisis.org.uk/)

### **Domestic abuse support**

As well as talking to a doctor, health visitor or social worker

**Domestic Abuse Support** (Women's Centre, Staying Safe) 01422 323 339 Monday to Friday 9:00am – 5:00pm

**Refuge - National Domestic Abuse Helpline** will offer 24 hr confidential, non-judgemental information and support 0808 2000 247.

[nationaldahelpline.org.uk/contact-us](http://nationaldahelpline.org.uk/contact-us)

Men can call **Men's Life Advice** for non-judgemental information and support. on 0808 8010 327 (Monday and Wednesday, 9am to 8pm, and Tuesday, Thursday and Friday, 9am to 5pm). They can also call **ManKind** on 0182 3334 244 (Monday to Friday, 10am to 4pm).

LGBT+ can call **Galop** for emotional and practical support on 0800 999 5428 - [galop.org.uk/](http://galop.org.uk/)

Anyone can call **Karma Nirvana** on 0800 5999 247 or visit [karmanirvana.org.uk/](http://karmanirvana.org.uk/) (Monday to Friday 9am to 5pm) for forced marriage and honour crimes. You can also call 020 7008 0151 to speak to the GOV.UK Forced Marriage Unit

**Respect phoneline** - For those acting in an abusive way, seeking help. Tel: 0808 802 4040

[respectphoneline.org.uk/](http://respectphoneline.org.uk/)

Women's aid - Someone can also email for support, specifying when and if it is safe to respond and to which email address: Women can email [helpline@womensaid.org.uk](mailto:helpline@womensaid.org.uk). Staff will respond to the email within 5 working days.

Men can contact the **Respect Men's advice line** [mensadviceline.org.uk/](http://mensadviceline.org.uk/) or email [info@mensadviceline.org.uk](mailto:info@mensadviceline.org.uk).

LGBT+ can email [help@galop.org.uk](mailto:help@galop.org.uk)

See also the **NHS advice**: [nhs.uk/live-well/healthy-body/getting-help-for-domestic-violence/](http://nhs.uk/live-well/healthy-body/getting-help-for-domestic-violence/)

### **Mental Health support**

**The Mix** (Especially for People 25 and Under)

Tel: 0808 808 4994 Crisis: Text THEMIX to 85258 If someone feels like they can't cope they can contact their crisis messenger 24 hours a day, 7 days a week

[themix.org.uk/get-support/speak-to-our-team](http://themix.org.uk/get-support/speak-to-our-team)

**Mind** provides advice and support to empower anyone experiencing a mental health problem.

[mind.org.uk/information-support/types-of-mental-health-problems/drugs-recreational-drugs-alcohol/useful-contacts/](http://mind.org.uk/information-support/types-of-mental-health-problems/drugs-recreational-drugs-alcohol/useful-contacts/)

**Samaritans** - for mental Health support or Suicidal thoughts – Call free on 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org). [samaritans.org/](http://samaritans.org/)