

ADDICTION AND SUBSTANCE MISUSE

HELPLINES

Al-Anon Family Groups

For people worried about someone else's drinking

Phone: 0800 0086 811, 10am-10pm daily

Email on website: <https://www.al-anonuk.org.uk/send-an-email/>

Drinkline

Advice to those worried about their own, or a loved one's, alcohol use

Phone: 0300 123 1110, weekdays 9am–8pm, weekends 11am–4pm

DrugFam

Support for families affected by drug misuse

Phone: 0300 888 3853

Frank

National helpline providing advice and information about drugs

Phone: 0300 123 6600, 24 hours a day 7 days a week

Text: 82111

Email on website: <https://www.talktofrank.com/contact>

ONLINE RESOURCES

NHS Choices

Alcohol Support

<https://www.nhs.uk/live-well/alcohol-support/>

Drug addiction: getting help

<https://www.nhs.uk/live-well/healthy-body/drug-addiction-getting-help/>

Alcohol Change UK

Advice for managing drinking during the COVID-19 outbreak

<https://alcoholchange.org.uk/help-and-support/get-help-now/coronavirus-information-and-advice-hub>

AdFam

List of helplines which provide telephone support for families affected by substance misuse

<https://adfam.org.uk/help-for-families/finding-support/call-a-helpline>

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Drinkaware

List of alcohol Support Services

<https://www.drinkaware.co.uk/alcohol-support-services/>

Drug Wise

Where to get help if you have problems with drugs or need advice and information

<https://www.drugwise.org.uk/where-can-i-get-help/>

Mind

Addiction and dependency resources

<https://www.mind.org.uk/information-support/guides-to-support-and-services/addiction-and-dependency/addiction-and-dependency-resources/>

