

ADDICTION AND SUBSTANCE MISUSE

HELPLINES

Al-Anon Family Groups

For people worried about someone else's drinking
Phone: 0800 0086 811

Drinkline

Advice to those worried about their own, or a loved one's, alcohol use
Phone: 0300 123 1110

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

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 on managing drinking especially if self-isolated

<https://alcoholchange.org.uk/help-and-support/coronavirus-managing-your-drinking>

AdFam

Telephone support for families

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

Drinkaware

Alcohol Support Services

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

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Drug Wise

Where to get help

<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/>

