

## Information and Support: Addiction (alcohol, drugs, and gambling)

If you, or someone you know, have been affected by addiction, the following organisations may be able to help.

### Alcohol Addiction

#### **Drinkline**

**Drinkline** is a confidential helpline for those worried about their own or someone else's drinking. They can put you in touch with your local alcohol advice centre for help and support.

**Phone: 0300 123 1110**

#### **NHS Information**

NHS information on alcohol abuse

<https://www.nhs.uk/conditions/alcohol-misuse>

#### **Alcoholics Anonymous**

Alcoholics Anonymous provides opportunities to share experience, strength and hope to recover from alcoholism.

**Phone: 0800 9177 650**

<http://www.alcoholics-anonymous.org.uk/>

#### **Inspire**

**Inspire** provides support services including addiction and mental health across Northern Ireland.

**Phone: 0808 189 0036**

<http://www.inspirewellbeing.org/>

#### **The Wales Drug and Alcohol Helpline**

**The Wales Drug and Alcohol Helpline** is a bilingual helpline providing information or help to individuals, their families, carers, and support workers.

**Phone: 0808 808 2234 (24/7)**

<http://www.dan247.org.uk/>

#### **Scottish Families Affected by Alcohol & Drugs**

**Scottish Families Affected by Alcohol & Drugs** provides information and support to anyone concerned about someone they care about who is misusing alcohol or drugs.

**Phone: 08080 10 10 11**

<http://www.sfad.org.uk/>

#### **WithYou**

**WithYou** provides free and confidential support to adults and young people experiencing challenges with drugs, alcohol, or their mental health. An online webchat service is available seven days a week

<https://www.wearewithyou.org.uk/help-and-advice/>

#### **Al-Anon Family Groups**

Al-Anon Family Groups provide support to anyone whose life is, or has been, affected by someone else's drinking, through regular meetings throughout the UK, where members share their own experience of living with alcoholism.

Alateen is part of Al-Anon, for teenage (12-17) relatives and friends of alcoholics.

**Phone: 08000 086 811**

<https://www.al-anonuk.org.uk/getting-help/>

## Drug Addiction

### **FRANK**

**FRANK** provides a confidential service to anyone wanting information, advice, or support about any aspect of drugs.

**Phone: 0300 123 6600**

**Online chat facility (2-6pm weekdays)**

<http://www.talktofrank.com/>

### **Know the Score**

Know the Score provides confidential drugs information and advice across Scotland.

**Phone: 0800 587 5879**

<http://www.knowthescore.info/>

- The following organisations provide opportunities to share experience, strength and hope to recover from addiction to mind-altering substances.

### **Drug Addicts Anonymous**

**Phone: 0300 030 3000**

<https://www.drugaddictsanonymous.org.uk/>

### **Cocaine Anonymous**

**Phone: 0800 612 0225**

**CA Scotland: 0141 959 6363**

<http://www.cauk.org.uk/>

### **Narcotics Anonymous UK**

**Phone: 0300 999 1212**

<https://ukna.org/content/service-menu>

### **Addiction Family Support**

**Addiction Family Support** provides support to those affected or bereaved by a loved one's harmful use of alcohol, drugs, or gambling.

**Phone: 0300 888 3853** (Mon-Thu 9am - 9pm, Fri 9am - 5pm, Sat 9am - 1pm, Sun 5pm - 9pm)

<https://addictionfamilysupport.org.uk/>

## Gambling Addiction

### **The National Gambling Helpline**

The National Gambling Helpline, operated by GamCare offers confidential support, advice, and free counselling to people concerned about their gambling, or the gambling of friends or family.

**Phone: 0808 8020 133**

<http://www.gamcare.org.uk/>

### **Gam-Anon**

Gam-Anon is a fellowship of men and women who have been affected by someone else's gambling.

<http://www.gamanon.org.uk/> (England, Wales, and Northern Ireland)

<https://www.gamanonscotland.org/> (Scotland)

### **Gamblers Anonymous**

Gamblers Anonymous provides a list of support meetings for problem gamblers.

<http://www.gamblersanonymous.org.uk/> (England, Wales, and Northern Ireland)

<http://www.gascotland.org/> (Scotland)