

You can also find help here:

Childline

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

Helpline: 0800 1111

Support and advice for any child or young person.

The National Association for Children of Alcoholics (Nacoa)

www.nacoa.org.uk

Helpline: 0800 358 3456

Address the needs of children growing up in families where parents suffer from alcoholism/ addiction.

DrugFAM

www.drugfam.co.uk/

Helpline: 0300 888 3853

This charity offers support from 9am to 9pm seven days a week.

Find more information on page 2 ...

Family Lives
www.familylives.org.uk/

Helpline: 0808 800 2222

National family support charity providing help & support in all aspects of family lives. They listen & provide non-judgemental support and advice.

FRANK

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

Helpline: 0300 1236600

Provides open and honest information about drugs and alcohol.

Young Minds

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

Provides helpful mental health resources and support for children and young people.

Remember!

You are not alone, it's ok to have lots of different feelings, it's ok to look after yourself and keep yourself safe.

Help and support is available if you need it.