

A-Z OF USEFUL CONTACTS ARE LISTED BELOW

NAME OF CHARITY OR COMPANY	TELEPHONE NUMBER/S	DESCRIPTION	WEBSITE
Adfam	020 3817 9410	Improving life for families affected by drugs and alcohol	https://adfam.org.uk/
Alcoholics Anonymous	0800 9177 650	Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.	https://www.alcoholics-anonymous.org.uk/
AL-Anon	0800 0086 811	For people worried about someone else's drinking.	https://www.al-anonuk.org.uk/
Cocaine Anonymous	0800 612 0225	Cocaine Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from their addiction	https://cocaineanonymous.org.uk/
Cruse Bereavement	0808 808 1677	For anyone who has suffered a bereavement	https://www.cruse.org.uk/
Narcotics Anonymous	0300 999 1212	A nonprofit fellowship or society of men and women for whom drugs had become a major problem". Narcotics Anonymous uses a traditional 12-step model that has been expanded and developed for people with varied substance abuse issues and is the second-largest 12-step organisation.	https://ukna.org/
DAN 24/7	0808 808 2234	Free telephone helpline for anyone in Wales wanting further information or help relating to drugs or alcohol, including families and carers.	http://dan247.org.uk/
DrugFAM	0300 888 3853	Free helpline offered for those affected by someone else's drug or alcohol use, including those bereaved by addiction.	https://www.drugfam.co.uk
Families Anonymous	0207 4984 680	For families and friends concerned about a loved one's drug problems	https://www.familiesanonymous.org/
Men's Advice Line	0808 801 0327	For male victims of domestic violence	http://www.mensadviceline.org.uk/
Mind	0300 123 3393	Helpline providing advice and support for anyone experiencing a mental health problem.	https://www.mind.org.uk/
National Association for the Children of Alcoholics	0800 358 3456	Free helpline for anyone whose parents have an alcohol problem.	https://www.nacoa.org.uk/
National Domestic Violence Helpline	0808 2000 247	This helpline is free and open 24 hours a day for anyone experiencing domestic violence, or worried about someone they know.	http://www.nationaldomesticviolencehelpline.org.uk/
NHS Alcohol Support		Includes information on alcoholism, binge drinking and caring for someone with an	https://www.nhs.uk/live-well/alcohol-support/

		alcohol problem.	
NSPCC	0808 800 5000		https://www.nspcc.org.uk/
Release	020 7324 2989	Drugs helpline that also provides free legal advice on drug issues.	https://www.release.org.uk/helpline
Respect Phonenumber	0808 802 4040	Helpline for perpetrators of domestic violence.	http://respectphonenumber.org.uk/
Samaritans	116 123	The Samaritans helpline is for anyone with concerns, worries or troubles. They can help you talk through anything that is troubling you, and offer help and support.	https://www.samaritans.org/
Scottish Families Affected by Alcohol and Drugs	08080 10 10 11	Free and confidential helpline for families and friends of those misusing drugs or alcohol in Scotland.	https://www.sfad.org.uk/
TALK To FRANK	0300 123 6600	National helpline providing advice and information about drugs.	https://www.talktofrank.com/