

Support with Addiction



Adfam

Adfam supports those coping with a family member or friend's drink, drug or gambling problem to get the support they need.

Website: www.adfam.org.uk/



Alcoholics Anonymous

AA supports the recovery and continued sobriety of individual alcoholics who turn to the Fellowship for help.

National Helpline: 0800 9177 650



Free online chat service for anyone who is looking for information or advice about their own, or someone else's, drinking. Trained advisors are on hand to give you confidential advice from 9am-2pm on weekdays.

Website: www.drinkaware.co.uk

drinkaware

FRANK- www.talktofrank.com

National helpline providing advice and information about drugs.

0300 123 6600

FRANK

National Association for the Children of Alcoholics- <https://nacoa.org.uk/>

Free helpline providing information, advice and support for everyone affected by a parent's drinking.

0800 358 3456

