



Addiction

Substance Addiction

Alcohol:

- Factsheets about alcohol: <https://alcoholchange.org.uk/alcohol-facts/factsheets>
- Alcoholics Anonymous (helpline/live chat/email) <https://www.alcoholics-anonymous.org.uk/#>
- Drinkaware (daytime helpline/live chat) is a charity you can contact if you or someone you care about has a drinking problem. <https://www.drinkaware.co.uk/advice/alcohol-support-services/support-lines>
- SMART Recovery (online & face to face meetings). SMART also has Women's only or LGBT+ group only. <https://smartrecovery.org.uk/online-meetings/>
- Alcoholics Anonymous Family Groups (helpline/meetings) provides support for family and friends of individuals with alcohol addiction.
- UK Rehab (helpline/info) provides options for treatment from detoxification, rehabilitation and alcohol counselling <https://www.uk-rehab.com/>
- National Drug Helpline (helpline) <https://drughelpline.org/>

Drug Abuse

- Information about drug addiction <https://patient.info/search.asp?searchTerm=addiction>
- Information about specific drugs: <https://talktofrank.com/>
- Cocaine Anonymous (helpline/email) <https://www.cocaineanonymous.org.uk/>
- UK Narcotics Anonymous (online and face to face meetings/helpline) provides peer-support as well as information surrounding drugs <https://ukna.org/>
- Families anonymous (helpline/email) provides support for family and friends of individuals with drug addiction.
- UK Rehab (helpline/info) provides options for treatment from detoxification, rehabilitation and drug counselling <https://www.uk-rehab.com/>

Smoking

- NHS (info) provides some practical advice to quitting smoking. <https://www.nhs.uk/better-health/quit-smoking/>
- Smokefree National helpline (helpline/live chat) <https://smokefree.gov/tools-tips/get-extra-help/speak-to-an-expert>