

WHERE TO GO FOR HELP AND SUPPORT



FOR FULL DETAILS ON WHERE TO GET HELP AND SUPPORT FOR ALL THE CATEGORIES BELOW, VISIT [LIFE-STUFF.ORG](https://www.life-stuff.org)

Help and support around alcohol

Adfam is a national charity for families and friends of alcohol and drug users. It offers confidential support and information. 020 3817 9410 (admin).

[adfam.org.uk](https://www.adfam.org.uk)

Alcoholics Anonymous (AA) provides an opportunity for people to get together to solve their problem with alcohol and help others to recover. Help line: 0800 9177 650
[alcoholics-anonymous.org.uk/](https://www.alcoholics-anonymous.org.uk/)

Al-Anon Family Groups is a service for families and friends of alcoholics. Al-Anon family groups provide understanding, strength and hope to anyone whose life is, or has been, affected by someone else's drinking. 0800 0086 811, 10am-10pm, 365 days a year.

[al-anonuk.org.uk](https://www.al-anonuk.org.uk)

Drinkline is a national service that can offer signposting and support on any issue around alcohol, whether concerning somebody else or personal. They will direct the caller to the most suitable local services. 0300 1231 110

NHS information and support

[nhs.uk/conditions/alcohol-misuse/](https://www.nhs.uk/conditions/alcohol-misuse/)

[nhs.uk/live-well/alcohol-support/](https://www.nhs.uk/live-well/alcohol-support/)

National Association Children Of Alcoholics is specifically for the offspring – young or adult - who have grown up or been affected by a family member's alcohol addiction.

[nacoa.org.uk](https://www.nacoa.org.uk)



We are with you is a national support and treatment charity for alcohol and drug addiction with on line support.

[wearewithyou.org.uk/help-and-advice/](https://www.wearewithyou.org.uk/help-and-advice/)

Help and support around drugs

NHS 111 will offer support on all issues including drugs and alcohol.

Frank Freephone 0800 77 66 00 or 0300 123 6600.

[talktofrank.com](https://www.talktofrank.com)

Know The Score has a live chat function where you can ask questions or ask for help. 0333 230 9468

[knowthescore.info/help-support/](https://www.knowthescore.info/help-support/)

Narcotics Anonymous offer a step peer support group open to anyone with a desire to stop using narcotics. 0300 999 1212 12

[ukna.org](https://www.ukna.org)

Addiction Family Support have a helpline for those affected by someone else's drug or alcohol use, including bereavement. 0300 888 3853

[drugfam.co.uk](https://www.drugfam.co.uk)

Cocaine Anonymous 12 Step peer support group open to anyone wanting to stop using cocaine. 0800 612 0225

[cocaineanonymous.org.uk](https://www.cocaineanonymous.org.uk)

Life-Stuff.org
Facts & advice
for young adults

Help and support for gambling and gaming dependence

The **National Gambling Helpline** provides confidential information, advice and support for anyone affected by gambling problems in England, Scotland and Wales. Advisers are available over the phone or via live chat every day of the year, 24 hours a day. 0808 802 0133. gamcare.org.uk/get-support/

Big Deal offers information, advice and support for young people affected by problem gaming and gambling in England, Scotland and Wales. They offer a free 24/7 1-2-1 live chat service and a phone helpline for young people 0203 092 6964 (open 9am – 8pm Monday-Thursday; 9am – 5pm Friday). bigdeal.org.uk/get-help/

Rape and sexual assault help and support

Victims can call NHS 111, the police on 999, or dial 101

The Rape Crisis England and Wales - Free, confidential and specialist support and advocacy services for people whose lives have been impacted by sexual violence and abuse of any kind at any time. Freephone helpline operates 12-2.30pm and 7-9.30pm every day of the year. 0808 802 9999 rapecrisis.org.uk/get-help/

Rape Crisis Scotland supports people of all genders living in Scotland aged 13+ who have been affected by sexual violence. Its helpline runs each day between 5pm – midnight: call: 08088 01 03 02, text: 07537 410 027 rapecrisisscotland.org.uk/

Victim Support is the independent charity dedicated to supporting victims of crime and traumatic incidents in England and Wales. victimsupport.org.uk

Domestic abuse support

As well as talking to a doctor, health visitor or social worker see nhs.uk/live-well/healthy-body/getting-help-for-domestic-violence/

Domestic Abuse Support (Women's Centre, Staying Safe) 0142 232 3339 Monday to Friday 9:00am – 5:00pm

Refuge - National Domestic Abuse Helpline will offer 24 hr confidential, non-judgemental information and support 0808 200 0247. nationaldahelpline.org.uk/contact-us

Women's Aid - Women can email helpline@womensaid.org.uk for support, specifying when and if it is safe to respond and to which email address. Staff will respond to the email within 5 working days.

Men can call **Men's Life Advice** for non-judgemental information and support on 0808 801 0327 (Monday and Wednesday, 9am to 8pm, and Tuesday, Thursday and Friday, 9am to 5pm). There is also **ManKind** on 0182 333 4244 (Monday to Friday, 10am to 4pm).

LGBT+ can call **Galop** for emotional and practical support on 0800 999 5428 galop.org.uk/

Anyone can call **Karma Nirvana** on 0800 599 9247 (Monday to Friday 9am to 5pm) for forced marriage and honour crimes. Also call 0207 008 0151 to speak to the GOV.UK Forced Marriage Unit. karmanirvana.org.uk/

Respect phonenumber - For those acting in an abusive way, seeking help. 0808 802 4040 respectphonenumber.org.uk/

Men can contact the **Respect Men's advice line** mensadviceline.org.uk/ or email info@mensadviceline.org.uk.

Mental Health support

Kooth - Online mental wellbeing community, with articles, forums and live chat. Offers free, safe and anonymous support. kooth.com/

Mind provides advice and support to empower anyone experiencing a mental health problem.

mind.org.uk/information-support/types-of-mental-health-problems/drugs-recreational-drugs-alcohol/useful-contacts/

The Mix (especially for people 25 and under) offers help and support through a free and confidential multi-channel service.

If someone feels like they can't cope they can contact The Mix's crisis messenger 24 hours a day, 7 days a week, Text THEMIX to 85258. themix.org.uk/get-support/speak-to-our-team

Samaritans - for mental health support or suicidal thoughts – Call free on 116 123 or email jo@samaritans.org. samaritans.org/