

## Drugs & Addiction

Resources to use if you or a loved one is struggling with drugs or addiction.

The **NHS smoking helpline** has information and support to help people who want to stop smoking. [www.nhs.uk/livewell/smoking](http://www.nhs.uk/livewell/smoking)

**Quit** has information to help people stop smoking. Call 0800 002 200 or visit [www.quit.org.uk](http://www.quit.org.uk)

**Alcoholics Anonymous:** a support group for people with alcohol problems. Call 0800 9177 650 or visit [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

**Alcohol Change:** an organisation offering information on alcohol and problem drinking. <https://alcoholchange.org.uk/>

**Gamblers Anonymous:** an organisation supporting individuals with gambling problems; offers a helpline and information. Call 0330 094 0322 or visit <https://www.gamblersanonymous.org.uk/>

**Gamcare:** an organisation aimed at supporting problem gamblers. Offers helpline and support. Call 0808 8020 133 or visit <https://www.gamcare.org.uk/>

**Frank - National Drugs Helpline** includes website and 24/7 helpline offering advice, information, and support to anyone concerned about drug and solvent/volatile substance misuse. Offers support to family and friends as well as individuals seeking help. Visit [www.talktofrank.com](http://www.talktofrank.com)