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

Quit has information to help people stop smoking. Call 0800 002 200 or visit 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

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