

Staying Healthy And In Control



Here are a few emergency helplines you can reach out to:

FRANK

Frank

Drug education service

talktofrank.com

Call: [0300 123 660](tel:0300123660)



Alcoholics Anonymous

(24/7)

alcoholics-anonymous.org.uk

Call: [0800 9177 650](tel:08009177650)

drinkaware

Drinkline

(9am-8pm weekdays,
11am-4pm weekends)

drinkaware.co.uk

Call: [0300 123 1110](tel:03001231110)

 **AL-ANON**
FAMILY GROUPS
UK & EIRE

Al-Anon

(10am-10pm, Daily)
families & friends

al-anonuk.org.uk

Call: [0800 0086 811](tel:08000086811)

we are
withyou

We Are With You

UK-wide treatment agency
over 50s

wearewithyou.org.uk

Call: [0808 801 0750](tel:08088010750)



Narcotics Anonymous
United Kingdom

Narcotics Anonymous

(10am-midnight, Daily)

ukna.org

Call: [0300 999 1212](tel:03009991212)



Or you can join these online meetings:



Smart Recovery

Online meetings & training programmes

smartrecovery.org.uk

Gay & Sober

Meeting finder for LGBTQ+

gayandsober.org/england