

MENTAL HEALTH RESOURCES



ADDICTION AND DEPENDENCY (ALCOHOL, DRUGS AND GAMBLING)

Alcoholics Anonymous

Phone: 0800 9177 650

Email: help@aamail.org

Alcohol Change UK

Information and support options for people worried about how much alcohol they are drinking

Alcohol Health Network

Alcohol Health Network offers a range of alcohol harm reduction services for the workplace, including policy advice, employee and manager training, online health checks and counselling.

Phone: 020 3151 2420

Email: hello@alcoholhealthnetwork.org.uk

Cocaine Anonymous

Phone: 0800 612 0225

Email: helpline@cauk.org.uk

Drink Aware

Phone: 0207 766 9900

Email: contact@drinkaware.co.uk

Drinkline: 0300 123 1110

Drug Science

Drug Science is a charity that provides objective information on drugs and drug harms to the public, educators and academics.

Email: info@drugscience.org.uk

Dual Diagnosis Anonymous

Phone: 07702 510 110

Email: info@ddauk.org

Gamblers Anonymous UK

Phone: 0330 094 0322

Email: info@gamblersanonymous.org.uk

Gamcare

Information and support options for people worried about how much alcohol they are drinking

Phone: 0808 8020 133

Marijuana Anonymous UK

Phone: 0300 124 0373

Email: helpline@marijuana-anonymous.org.uk

Narcotics Anonymous UK

Phone: 0300 999 1212

National Problem Gambling Clinic

Treats people with gambling problems living in England and Wales aged 16 and over.

NHS Better Health - Quit Smoking

NHS information and advice to help stop smoking.

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Oxfordshire DAAT

Treatment and support services for young people, adults, families and carers throughout Oxfordshire.

Phone: 01865 403261

Progress

Progress are a consortium of consultant nurses working in dual diagnosis and substance use settings.

Email: info@dualdiagnosis.co.uk

Release

National charity that offers free and confidential advice about drugs and the law.

Phone: 020 7324 2989

Sex and Love Addicts Anonymous

Support groups for people with sex and love addictions.

Talk to Frank

Phone: 0300 1236600

Text: 82111

Email: frank@talktofrank.com

Turning Point Oxfordshire

An all purpose drug and alcohol treatment service located in Oxfordshire

Phone: 020 7481 7600

UK Smart Recovery

UK Smart Recovery provides training to help people manage their recovery from addictive behaviour.

Phone: 0330 053 6022

With You (formerly Addaction)

Phone: 01908 250730

RESOURCES FOR FAMILY AND FRIENDS

Adfam

Phone: 020 3817 9410

Email: admin@adfam.org.uk

Al-Anon Family Groups UK and Eire

Phone: 0800 0086 811

Bereaved through Alcohol and Drugs

Information and support for anyone bereaved through drug or alcohol use.

Families Anonymous

Support for friends and family of people with drug problems.

Phone: 0207 4984 680

National Association for Children of Alcoholics

Provides information, advice and support for anyone affected by a parent's drinking, including adults.

Phone: 0800 358 3456