



#### **National Association for Children of Alcoholics**

National Association for Children of Alcoholics offers free confidential advice and information to everyone affected by a parent's drinking including children, adults and professionals

Phone: 08003583456 (Friday, Saturday and Monday 12pm to 7pm and Tuesday, Wednesday and Thursday 12pm to 9pm)

Website: <https://www.nacoa.org.uk/>

#### **OCD Action**

Support for people with OCD. Includes information on treatment and online resources.

Phone: 08453906232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: [www.ocdaction.org.uk](http://www.ocdaction.org.uk)

#### **OCD UK**

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.

Phone: 03332127890 (Monday to Friday, 9am to 5pm)

Website: [www.ocduk.org](http://www.ocduk.org)

#### **PAPYRUS**

Young suicide prevention society.

Phone: HOPElineUK 08000684141 (Monday to Friday, 10am to 5pm and 7pm to 10pm, and 2pm to 5pm on weekends)

Website: [www.papyrus-uk.org](http://www.papyrus-uk.org)

#### **Rethink Mental Illness**

Support and advice for people living with mental illness.

Phone: 03005000927 (Monday to Friday, 9.30am to 4pm)

Website: [www.rethink.org](http://www.rethink.org)

#### **Samaritans**

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: [www.samaritans.org.uk](http://www.samaritans.org.uk)

#### **SANE**

Emotional support, information and guidance for people affected by mental illness, their families and carers.

Textcare: comfort and care via text message, sent when the person needs it most:

[www.sane.org.uk/textcare](http://www.sane.org.uk/textcare)

Peer support forum: [www.sane.org.uk/supportforum](http://www.sane.org.uk/supportforum)

Website: [www.sane.org.uk/support](http://www.sane.org.uk/support)

#### **YoungMinds**

Information on child and adolescent mental health. Services for parents and professionals.

Phone: Parents' helpline 08088025544 (Monday to Friday, 9.30am to 4pm)

Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)

#### **FRANK**

Free, confidential information and advice about drugs, their effects and the law. FRANK's live chat service runs daily from 2pm to 6pm

Phone: 03001236600 (24-hour helpline)

Text a question to: 82111

Website: <https://www.talktofrank.com/>





#### **Anxiety UK**

Charity providing support if you have been diagnosed with an anxiety condition.

Phone: 03444 775 774 (Monday to Friday, 9.30am to 5.30pm)

Website: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

#### **Bipolar UK**

A charity helping people living with manic depression. or bipolar disorder.

Website: [www.bipolaruk.org.uk](http://www.bipolaruk.org.uk)

#### **CALM**

CALM is the Campaign Against Living Miserably, for men aged 15 to 35.

Phone: 0800 58 58 58 (daily, 5pm to midnight)

Website: [www.thecalmzone.net](http://www.thecalmzone.net)

#### **Men's Health Forum**

24/7 stress support for men by text, chat, and email.

Website: [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)

#### **Mental Health Foundation**

Provides information and support for anyone with mental health problems or learning disabilities.

Website: [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

#### **Mind**

Promotes the views and needs of people with mental health problems.

Phone: 03001233393 (Monday to Friday, 9am to 6pm)

Website: [www.mind.org.uk](http://www.mind.org.uk)

#### **No Panic**

Voluntary charity offering support for sufferers of panic attacks and obsessive-compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.

Phone: 08449674848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's access charge

Website: [www.nopanic.org.uk](http://www.nopanic.org.uk)

#### **Alcohol misuse**

##### **Alcoholics Anonymous**

A free self-help group. Its "12-step" program involves getting sober with the the help help of of regular face-to-face and online support groups.

Phone; 08009177650 (24-hour helpline)

Website: [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

##### **Al-Anon**

Al-Anon is a free self-help "12-step" group for anyone whose life is or has been affected by someone else's drinking

Phone: 08000086811 (daily, 10am to 10pm)

Website: <https://www.al-anonuk.org.uk/>

##### **Drinkline**

A free confidential helpline for people worried about their own or someone else's drinking

Phone: 03001231110 (weekdays 9am to 8pm, weekends 11am to 4pm)





#### **Marijuana Anonymous**

A free self-help group. Its "12-step" programme involves stopping using marijuana with the help of regular face-to-face and online support groups.

Phone: 03001240373 (callback service)

Website: <http://www.marijuana-anonymous.org.uk/>

#### **Narcotics Anonymous**

A free self-help group. Its "12-step" programme involves stopping using drugs with the help of regular face-to-face and online support groups.

Phone: 03009991212 (daily, 10am to midnight)

Website: [www.ukna.org](http://www.ukna.org)

#### **SMART Recovery UK**

SMART Recovery UK face-to-face and online groups help people decide whether they have a problem with alcohol and drugs, build up their motivation to change and offer a set of proven tools and techniques to support recovery

Phone: 03300536022 for general enquiries about SMART Recovery UK (9am to 5pm, Monday-Friday)

Website: <https://smartrecovery.org.uk/>

Beat Phone: 08088010677 (adults) or 0808 801 071 (for under-18s)

Website: [www.b-eat.co.uk](http://www.b-eat.co.uk)

#### **Gamblers Anonymous**

A free self-help group. Its "12-step" programme involves stopping gambling with the help of regular

face-to-face and online support groups

Phone: 03300940322 (24-hour)

Website: <https://www.gamblersanonymous.org.uk/>

#### **Gam-Anon**

A free self-help group. Its "12-step" programme is for those affected by someone else's gambling with the help of regular face-to-face and online support groups.

Phone: 08700508880

Website: [www.gamanon.org.uk](http://www.gamanon.org.uk)

#### **National Gambling Helpline**

Phone: 08088020133 (daily, 8am to midnight)

Website: [www.begambleaware.org](http://www.begambleaware.org)

#### **National Problem Gambling Clinic**

A specialist NHS clinic for problem gamblers aged 13 and over.

Phone: 02073817722 (callback)

Website: <https://www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse/national-problem-gambling-clinic>





#### **Mencap**

Charity working with people with a learning disability, their families, and carers

Phone: 08088081111 (Monday to Friday, 9am to 5pm)

Website: [www.mencap.org.uk](http://www.mencap.org.uk)

#### **Family Lives**

Advice on all aspects of parenting, including dealing with bullying

Phone: 08088002222 (Monday to Friday, 9am to 9pm and Saturday to Sunday, 10am to 3pm)

Website: [www.familylives.org.uk](http://www.familylives.org.uk)

#### **Relate**

The UK's largest provider of relationship support.

Website: [www.relate.org.uk](http://www.relate.org.uk)

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Website: <https://smartrecovery.org.uk/>

#### **Alzheimer's Society**

Provides information on dementia, including factsheets and helplines.

Phone: 03002221122 (Monday to Friday, 9am to 5pm and 10am to 4pm on weekends)

Website: [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

#### **Cruse Bereavement Care**

Phone: 08088081677 (Monday to Friday, 9am to 5pm)

Website: [www.cruse.org.uk](http://www.cruse.org.uk)

#### **Rape Crisis**

To find your local services phone: 08088029999 (daily, 12pm to 2.30pm and 7pm to 9.30pm)

Website: [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)

#### **Victim Support**

Phone: 08081689111 (24-hour helpline)

Website: [www.vitimsupport.org](http://www.vitimsupport.org)

#### **Cocaine Anonymous**

A free self-help substances group. with its "12-step" program involves stopping online using cocaine and all other mind-altering substances with the help of regular face-to-face and online support groups

Phone: 08006120225 (daily, 10am to 10pm)

Website: <https://cocaineanonymous.org.uk/>

#### **We Are With You**

<https://www.wearewithyou.org.uk/help-and-advice/>

#### **Release**

Phone: 020 7324 2989

[ask@release.org.uk](mailto:ask@release.org.uk)

[www.release.org.uk](http://www.release.org.uk)

