



PATIENT INFORMATION – DRUG AND ALCOHOL PROBLEMS

This leaflet provides some basic advice and support for people affected by drug and alcohol problems.

Drinkline

A National Alcohol Helpline providing advice about problem drinking.
Helpline: 0300 1231110

Drinkaware

Web address: www.drinkaware.co.uk

A charity which aims to change the UK's drinking habits for the better. Drinkaware promotes responsible drinking and finds innovative ways to challenge the national drinking culture to help reduce alcohol misuse and minimise alcohol-related harm.

Alcoholics Anonymous

Helpline: 0845 769 7555

Web address: www.alcoholics-anonymous.org.uk

There are over 3,000 meetings held in the UK each week with over 40,000 members.

AL-Anon Family Groups

Telephone: 020 7403 0888

Web address: www.al-anonuk.org.uk

Local support for families affected by alcohol abuse. Phone this number to find your nearest group.

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National Association for Children of Alcoholics

Helpline: 0800 358 3456

Web address: www.nacoa.org.uk

Services include information, advice and support to children of alcoholics through its free helpline.

Narcotics Anonymous

Helpline: 0300 999 1212

Web address: www.ukna.org

NA is a non-profit fellowship or society of men and women for whom drugs had become a major problem. Local meetings are held by recovering addicts who meet regularly to help each other.

Frank

Telephone: 0300 123 6600

Web address: www.talktofrank.com

Friendly, confidential drugs advice.

Turning Point

Telephone: 020 7481 7600

Web address: www.turning-point.co.uk

Turning Point is a leading health and social care organisation, providing services for people with complex needs, including those affected by drug and alcohol misuse, mental health problems and those with a learning disability.

NHS Direct Wales

Telephone: 0845 46 47

Web address: www.nhsdirect.wales.nhs.uk

You can also search online for local support services in your area. Go to the 'Local Services' section, then click on 'Health, Wellbeing and Support'. Choose the service you require and enter your postcode, then click search.

DRUG AND ALCOHOL PROBLEMS CONT.



If you become unwell or are injured, choose the right NHS service to make sure you get the best treatment. The Choose Well campaign explains what each NHS service does, and when it should be used.

Choosing well means that you and your family will get the best treatment. It also allows busy NHS services to help the people who need them most.

If you are unsure about which option to choose, please call NHS Direct Wales on 0845 46 47 or visit the Choose Well website at www.choosewellwales.org.uk

This information has been produced based on previous information leaflets and the evidence available at the time of publication. It has been clinically reviewed however if you notice anything that needs updating or amending please contact ppi.team@wales.nhs.uk

If you require this information in another language or format please ask a member of staff.

For further advice or information contact NHS Direct Wales 0845 46 47
www.nhsdirect.wales.nhs.uk