

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 6600**



Alcoholics Anonymous

(24/7)

alcoholics-anonymous.org.uk

Call: **0800 9177 650**

drinkaware

Drinkline

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

drinkaware.co.uk

Call: **0300 123 1110**

AL-ANON
FAMILY GROUPS
UK & EIRE

Al-Anon

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

al-anonuk.org.uk

Call: **0800 0086 811**

**we are
withyou**

We Are With You

UK-wide treatment agency

wearewithyou.org.uk

[Chat Online](#)



Narcotics Anonymous
United Kingdom

Narcotics Anonymous

(10am-midnight, Daily)

ukna.org

Call: **0300 999 1212**



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