

Helpful links for substance misuse support

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Adfam

Email: admin@adfam.org.uk

Find information, local support groups and helplines for anyone affected by someone else's substance use.

www.adfam.org.uk/

Al-Anon Family Groups

Phone: **020 7403 0888** email: enquiries@al-anonuk.org.uk

Provides support to anyone whose life is, or has been, affected by someone else's drinking, regardless of whether that person is still drinking or not.

www.al-anonuk.org.uk

Alcoholics Anonymous (AA)

Phone: **0845 769 7555**

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

www.alcoholics-anonymous.org.uk

Changing Lives York (Oaktrees)

Phone: **(01904) 621776** email: oaktrees.york@tcuk.org

Offers abstinence-based, structured, day treatment for individuals suffering from drug and/or alcohol addiction.

Children of addicted parents (COAP)

Informative and interactive website for children affected by parental substance misuse.

www.coap.co.uk

Families Anon

Phone: **0845 1200 660**

Helpline for relatives and friends concerned about drug use.

www.famanon.org.uk

Frank

Phone: **0800 776600**

14 hour free national drugs helpline

www.talktofrank.com

York Drug and Alcohol Service

Phone: **(01904) 464680** email: yorkinfo@changing-lives.org.uk

Work with individuals, families and communities both to prevent and reduce harm, to promote recovery, and to challenge the inequalities linked to alcohol and drug misuse.

Morningside Recovery – Coping with an alcoholic parent

www.morningsiderecovery.com/educational-resources/coping-with-an-alcoholic-parent

Narcotics Anonymous (NA)

Phone: **0300 999 1212**

A non-profit fellowship or society of men and women for whom drugs had become a major problem. They are recovering addicts who meet regularly to help each other stay clean.

<http://ukna.org>

National Association for Children of Alcoholics

Phone: **0800 358 3456** email: helpline@nacoa.org.uk

Providing information, advice and support for everyone affected by a parent's drinking.

www.nacoa.org.uk

New You – NHS Smokefree Service North Yorkshire and City of York

Phone: **0300 303 1603** email: stopsmoking.nyy@nhs.net

Helping with smoking cessation

www.hdft.nhs.uk/our-services/community-based-services/smoking-cessation

York in Recovery Forum

For anyone, either employed or who has an interest in substance misuse related issues and Recovery in York.

<http://abookofheart.com/>

York Carers Centre

(01904) 715490

City of York Council

(01904) 555111

enquiries@yorkcarerscentre.co.uk
www.yorkcarerscentre.co.uk

adult.socialsupport@york.gov.uk
www.york.gov.uk/carers

Yorkshire and Humberside Victim Care Unit

Phone: **0300 3031971**

Help from Victim Support