

Addiction Signposting

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General resources

- **NHS** (info) has information on different kinds of addiction, the warning signs of addiction, how it might affect someone, and how to get help for an addiction.
<https://www.nhs.uk/live-well/addiction-support/addiction-what-is-it/>
- **UK Rehab** (signposting for rehabilitation/helpline) is a service which allows you to locate relevant rehabilitation and recovery services near you.
<https://www.uk-rehab.com/>
 - Phone: 0808 250 2626
 - Available 24/7
- **Recovery** (signposting for recovery services/helpline) is a service which allows you to locate relevant rehabilitation and recovery services near you and access confidential advice.
<https://www.recovery.org.uk/>
 - Phone: 0203 553 0324
 - Available 24/7
- **SMART Recovery** (info/support meetings/recovery services) is a charity which runs recovery programmes for those who have suffered from substance addiction. Their meetings are run by trained facilitators, and those who attend can access a longer support programme, which uses cognitive behaviour therapy (CBT) techniques. You can use their website to find the nearest upcoming meeting to attend.
<https://smartrecovery.org.uk/>

- **Addiction Family Support** (info/helpline/email/peer support meetings) is a charity which provides support for those affected by a loved one's addiction. They provide information on their website, as well as a 5-step programme that can be accessed by contacting them, as well as facilitating group support meetings on a regular basis.
<https://addictionfamilysupport.org.uk/>
 - Phone: 0300 888 3853
 - Available Mon-Fri 09:00-21:00; Sat-Sun 09:00-13:00
 - Email: <https://addictionfamilysupport.org.uk/email-support/>

Alcohol addiction

- **NHS** (info) has lots of information about alcohol misuse and addiction, including tests to help GPs diagnose a possible dependence. There is also information about clinical treatments and next steps. GPs will also be able to help people with an alcohol dependence safely withdraw themselves from it.
<https://www.nhs.uk/conditions/alcohol-misuse/>
- **Frank** (info/helpline/live chat/email/SMS) provides general information on the effects of a number of different drugs and substances, including alcohol. They also operate a helpline that offers free, confidential advice if you are worried about yourself or someone else's consumption.
<https://www.talktofrank.com/>
 - Phone: 0300 123 6600
 - Available 24/7
 - Live chat: <https://www.talktofrank.com/contact-frank>
 - Available Mon-Sun 14:00-18:00
 - Email: <https://www.talktofrank.com/contact>
 - SMS: You can text on 82111
- **Adfam** (info) provides information for people and families affected by other people's drinking, and provides online support videos and training to help those who are suffering. They may be able to offer more involved support, such as counselling, however Durham does not fall in this region.
<https://adfam.org.uk/>

- **Drinkaware** (helpline/live chat/info/signposting) is a charity which provides lots of information about alcohol, including recommended consumption and advice on possible dependence. They also run a confidential helpline and live chat service, which you can use to talk to someone about either worries about your own or someone else's drinking.
<https://www.drinkaware.co.uk/>
 - Phone: 0300 123 1110
 - Available Mon-Fri 09:00-20:00; Sat-Sun 11:00-16:00
 - Live chat: Available across the website
 - Available Mon-Fri 09:00-14:00
 - Further signposting:
<https://www.drinkaware.co.uk/advice-and-support/alcohol-support-services/support-lines>
- **Alcoholics Anonymous (AA)** (info/helpline/email/live chat/peer support meetings) is a charity which helps to provide peer-led support meetings and information to people suffering or recovering from alcohol addiction, with the option to remain anonymous.
<https://www.alcoholics-anonymous.org.uk/>
 - Phone: 0800 917 7650
 - Email: help@aamail.org
 - Live chat: appears on bottom right corner of website when staffed
 - In-person meetings in Durham City:
 - Durham Courage to Change, 22 Old Elvet, DH1 3HW
 - Tuesdays, 10:30-11:30
 - Durham Methodist Church, 8 Old Elvet, DH1 3HL
 - Saturdays, 09:30-10:30
- **UK Rehab** (signposting for rehabilitation/helpline) is a service which allows you to locate relevant rehabilitation and recovery services near you.
<https://www.uk-rehab.com/>
 - Phone: 0808 250 2626
 - Available 24/7
- **Recovery** (signposting for recovery services/helpline) is a service which allows you to locate relevant rehabilitation and recovery services near you and access confidential advice.
<https://www.recovery.org.uk/>
 - Phone: 0203 553 0324
 - Available 24/7

- **We Are With You** (live chat/recovery services) is a UK-wide treatment agency, helping individuals, families and communities to manage the effects of drug and alcohol misuse. You can get advice and help for yourself, or for someone else you are worried about. They offer access to an advice service through their live chat and recovery services, including one-to-one counselling, medical services and rehabilitation services.
<https://www.wearewithyou.org.uk/>
 - Live chat:
<https://www.wearewithyou.org.uk/find-support/talk-to-a-trained-recovery-worker>
 - Available Mon-Fri 09:00-21:00; Sat-Sun 10:00-16:00
- **SMART Recovery** (info/support meetings/recovery services) is a charity which runs recovery programmes for those who have suffered from substance addiction. Their meetings are run by trained facilitators, and those who attend can access a longer support programme, which uses cognitive behaviour therapy (CBT) techniques. You can use their website to find the nearest upcoming meeting to attend.
<https://smartrecovery.org.uk/>
- **Al-Anon** (helpline/email/peer support meetings) is a charity which offers peer-led support for those affected by someone else's drinking. You can call their helpline or attend in-person support meetings, which run similarly to Alcoholics Anonymous's. This service is exclusively for those over the age of 18; Alateen is the service run by Al-Anon for 12-17-year-olds.
<https://al-anonuk.org.uk/>
 - Phone: 0800 008 6811
 - Available Mon-Sun 10:00-22:00
 - Email: helpline@al-anonuk.org.uk
 - In-person meeting for Durham City:
 - Newton Hall Community Centre, Pity Me, DH1 5GU
 - Mondays, 19:30-21:00
 - You can also attend online. Please see [this site](#) for access information.
 - Alateen: <https://al-anonuk.org.uk/alateen/>

Drug addiction

- **NHS** (info) has lots of information about drug addiction, including specific types of drugs, and the process of treatment and recovery. GPs will also be able to help people with a drug dependence safely withdraw themselves from it.
<https://www.nhs.uk/live-well/addiction-support/drug-addiction-getting-help/>

- **Frank** (info/helpline/live chat/email/SMS) provides general information on the effects of a number of different drugs and substances, including alcohol. They also operate a helpline that offers free, confidential advice if you are worried about yourself or someone else's consumption.
<https://www.talktofrank.com/>
 - Phone: 0300 123 6600
 - Available 24/7
 - Live chat: <https://www.talktofrank.com/contact-frank>
 - Available Mon-Sun 14:00-18:00
 - Email: <https://www.talktofrank.com/contact>
 - SMS: You can text on 82111
- **Adfam** (info) provides information for people and families affected by other people's drug use, and provides online support videos and training to help those who are suffering. They may be able to offer more involved support, such as counselling, however Durham does not fall in this region.
<https://adfam.org.uk/>
- **Drug Addicts Anonymous** (info/helpline/email/live chat/peer support meetings) is a charity which helps to provide peer-led support meetings and information to people suffering or recovering from drug addiction, with the option to remain anonymous.
<https://www.drugaddictsanonymous.org.uk/>
 - Phone: 0300 030 3000
 - Available Mon-Sun 10:00-22:00
 - Email: wecanhelp@daa-uk.org
 - They aim to respond within 24 hours
 - Live chat: Available across the website
 - Available Mon-Sun 10:00-22:00
 - Online support meetings:
<https://www.drugaddictsanonymous.org.uk/meetings/online-phone>

- **Cocaine Anonymous** (info/helpline/email/live chat/peer support meetings) is a charity which helps to provide peer-led support meetings and information to people suffering or recovering from cocaine addiction, with the option to remain anonymous.
<https://www.cocaineanonymous.org.uk/>
 - Phone: 0800 612 0225
 - Available Mon-Sun 10:00-22:00
 - Email: helpline@cauk.org.uk
 - Live chat: Available across the website
 - Available Mon-Sun 10:00-22:00
 - In-person support meetings:
 - https://meetings.cocaineanonymous.org.uk/meetings/?tsml-attendance_option=in_person
 - Online support meetings:
 - <https://meetings.cocaineanonymous.org.uk/meetings/?tsml-type=ONL>
- **Narcotics Anonymous** (info/helpline/email/peer support meetings) is a charity which helps to provide peer-led support meetings and information to people suffering or recovering from addiction to narcotics, with the option to remain anonymous.
<https://ukna.org/>
 - Phone: 0300 999 1212
 - Available Mon-Sun 10:00-00:00
 - Email: pi@ukna.org
 - In-person meetings in Durham City:
 - United Reform Church, DH1 4BG
 - Sundays, 18:15-19:45
 - 22 Old Elvet, DH1 3HW
 - Wednesdays, 14:15-15:45
- **UK Rehab** (signposting for rehabilitation/helpline) is a service which allows you to locate relevant rehabilitation and recovery services near you.
<https://www.uk-rehab.com/>
 - Phone: 0808 250 2626
 - Available 24/7
- **Recovery** (signposting for recovery services/helpline) is a service which allows you to locate relevant rehabilitation and recovery services near you and access confidential advice.
<https://www.recovery.org.uk/>
 - Phone: 0203 553 0324
 - Available 24/7

- **We Are With You** (live chat/recovery services) is a UK-wide treatment agency, helping individuals, families and communities to manage the effects of drug and alcohol misuse. You can get advice and help for yourself, or for someone else you are worried about. They offer access to an advice service through their live chat and recovery services, including one-to-one counselling, medical services and rehabilitation services.
<https://www.wearewithyou.org.uk/>
 - Live chat:
<https://www.wearewithyou.org.uk/find-support/talk-to-a-trained-recovery-worker>
 - Available Mon-Fri 09:00-21:00; Sat-Sun 10:00-16:00
- **SMART Recovery** (info/support meetings/recovery services) is a charity which runs recovery programmes for those who have suffered from substance addiction. Their meetings are run by trained facilitators, and those who attend can access a longer support programme, which uses cognitive behaviour therapy (CBT) techniques. You can use their website to find the nearest upcoming meeting to attend.
<https://smartrecovery.org.uk/>
- **Addiction Family Support** (info/helpline/email/peer support meetings) is a charity which provides support for those affected by a loved one's addiction. They provide information on their website, as well as a 5-step programme that can be accessed by contacting them, as well as facilitating group support meetings on a regular basis.
<https://addictionfamilysupport.org.uk/>
 - Phone: 0300 888 3853
 - Available Mon-Fri 09:00-21:00; Sat-Sun 09:00-13:00
 - Email: <https://addictionfamilysupport.org.uk/email-support/>

Smoking addiction

- **NHS** (info) has information on the effects of smoking, and on possible treatments you can use to help stop smoking. They also have a campaign for quitting smoking that you can use for motivation.
<https://www.nhs.uk/conditions/stop-smoking-treatments/>
<https://www.nhs.uk/better-health/quit-smoking/>
 - Find local stop smoking services:
<https://www.nhs.uk/service-search/other-health-services/stop-smoking-support-services>

- **Frank** (info/helpline/live chat/email/SMS) provides general information on the effects of a number of different drugs and substances, including alcohol. They also operate a helpline that offers free, confidential advice if you are worried about yourself or someone else's consumption.
<https://www.talktofrank.com/>
 - Phone: 0300 123 6600
 - Available 24/7
 - Live chat: <https://www.talktofrank.com/contact-frank>
 - Available Mon-Sun 14:00-18:00
 - Email: <https://www.talktofrank.com/contact>
 - SMS: You can text on 82111
- **National Smokefree Helpline** (helpline) provides advice and support for those looking to quit smoking, or are concerned about the smoking of someone they are close to. You can use the service to book appointments with a stop smoking advisor and access group stop smoking sessions.
 - Phone: 0300 123 1044
 - Available Mon-Fri 09:00-20:00; Sat-Sun 11:00-16:00

Gambling addiction

- **NHS** (info) has lots of information on the warning signs of a gambling addiction, how the NHS can offer support, and tips to help those who need to reduce or quit gambling do so safely.
<https://www.nhs.uk/live-well/addiction-support/gambling-addiction/>
- **NHS Northern Gambling Service** (recovery services) provides a range of therapies and recovery services to help those who have a gambling addiction recover.
<https://www.northerngamblingservice.nhs.uk/>
 - Phone: 0300 300 1490
 - Email: referral.ngs@nhs.net
 - Online referral service:
<https://www.northerngamblingservice.nhs.uk/general-referrals/>
- **National Gambling Helpline** (info/helpline/live chat) offers confidential advice and support for those who have suffered gambling addiction and for those who have been affected by someone else's gambling. The service is operated by GamCare.
<https://www.gamcare.org.uk/>
 - Phone: 0808 802 0133
 - Available 24/7
 - Live chat: <https://www.gamcare.org.uk/get-support/talk-to-us-now/#live-chat>

- **GambleAware** (info) provides lots of information about gambling addiction, both for people suffering from one and people who have been affected by someone else's. The helpline and live chat are that of the National Gambling Helpline, above.
<https://www.gambleaware.org/>
- **Chapter One** (support/email) is a charity which can provide support for anyone affected by gambling-related harms.
<https://www.chapter-one.org/>
 - Email: hello@chapter-one.org
- **Gamblers Anonymous** (helpline/email/peer support meetings) is a charity which helps to provide peer-led support meetings and information to people suffering or recovering from gambling addiction, with the option to remain anonymous.
<https://gamblersanonymous.org.uk/>
 - Phone: 0330 094 0322
 - Email: info@gamblersanonymous.org.uk
 - In-person meeting in Durham City:
 - 22 Old Elvet, DH1 3HW
 - Wednesdays, 16:00-17:30
- **Gam-Anon** (info/peer support meetings) offers peer-led support meetings and information for people who have suffered from other people's gambling, with the option to remain anonymous.
<https://gamanon.org.uk/>
 - Find a meeting: <https://gamanon.org.uk/meetings/>
- **UK Rehab** (signposting for rehabilitation/helpline) is a service which allows you to locate relevant rehabilitation and recovery services near you.
<https://www.uk-rehab.com/>
 - Phone: 0808 250 2626
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<https://addictionfamilysupport.org.uk/>
 - Phone: 0300 888 3853
 - Available Mon-Fri 09:00-21:00; Sat-Sun 09:00-13:00
 - Email: <https://addictionfamilysupport.org.uk/email-support/>

Sex and pornography addiction

- **Sex and Love Addicts Anonymous** (voicemail/peer support meetings) helps to provide peer-led support meetings and information to people suffering or recovering from sex addiction, with the option to remain anonymous.
<https://slaauk.org/>
 - Voicemail service: 07938 452 973
 - Leave a voicemail, and a volunteer will call back within 24 hours
 - Find an online meeting: <https://slaauk.org/meeting-list/online-meetings/>
- **Sex Addicts Anonymous** (phone/peer support meetings) helps to provide peer-led support meetings and information to people suffering or recovering from sex addiction, with the option to remain anonymous.
<https://saauk.info/>
 - Phone: 07585 091 502 / 07748 168 164 (general) / 07766 075 247 (women) / 07825 147 995 (LGBTQIA+)
 - Email: info@saauk.info (general), women@saauk.info (women), lgbtq@saauk.info (LGBTQIA+)
- **SMART Recovery** (info/support meetings/recovery services) is a charity which runs recovery programmes for those who have suffered from addiction. Their meetings are run by trained facilitators, and those who attend can access a longer support programme, which uses cognitive behaviour therapy (CBT) techniques. You can use their website to find the nearest upcoming meeting to attend.
<https://smartrecovery.org.uk/>