

# Support with your drinking

If you are worried about your own or someone else's drinking, remember that there is always somewhere you can turn for support. There is nothing shameful about asking for help.

## Support in your area

Wherever you live, there will be a service in your area which supports people who are struggling with their drinking. You can access these services in a few key ways:

### Your GP

Your GP is your first port of call for alcohol problems. They will be able to provide confidential advice and refer you for extra support.

### Your local authority's website

Check on your local authority website to see how you can access your local provider.

### NHS website

There are a number of NHS services directories you can use to find support and treatment services near you:

- NHS England: [nhs.uk/service-search](https://nhs.uk/service-search)
- NHS Direct Wales: [nhsdirect.wales.nhs.uk/localservices](https://nhsdirect.wales.nhs.uk/localservices)
- NHS Inform, Scotland: [nhsinform.scot/scotlands-service-directory](https://nhsinform.scot/scotlands-service-directory)
- Health and Social Care Northern Ireland: [online.hscni.net](https://online.hscni.net)

## Finding support remotely

### Drinkline

Drinkline is a free, confidential helpline for people who are concerned about their drinking, or someone else's. Call 0300 123 1110 (weekdays 9am–8pm, weekends 11am–4pm)

### DAN 24/7

If you live in Wales, you can contact the DAN 24/7 alcohol and drug any time of the day or night. Freephone: 0808 808 2234, or text DAN to: 81066.

### Alcoholics Anonymous

The Alcoholics Anonymous helpline is open 24/7 on 0800 9177 650. If you would prefer, you can also email them at [help@aamail.org](mailto:help@aamail.org) or live chat via their website at [alcoholics-anonymous.org.uk](https://alcoholics-anonymous.org.uk).

### SMART Recovery

SMART Recovery offers online and in person meetings. You can join a meeting online at [smartrecovery.org.uk/online-meeting](https://smartrecovery.org.uk/online-meeting)

### Al-Anon

Al-Anon offers support and understanding to the families and friends of dependent drinkers. You can call their confidential helpline on 0800 0086 811 (open 10am–10pm).

### CALM

CALM (the Campaign Against Living Miserably) supports those who feel isolated, anxious, alone or suicidal. You can call the CALM helpline on 0800 58 58 58, available 5pm–midnight. They run a webchat service too from 5pm–midnight, available at [www.thecalmzone.net/help/webchat](https://www.thecalmzone.net/help/webchat).

### Mind

Mind helps anyone experiencing a mental health problem. Their helpline is available on: 0300 123 3393, weekdays: 9am–6pm. For more information, visit [www.mind.org.uk](https://www.mind.org.uk).

### Nacooa

Nacooa support anyone affected by their parent(s) drinking, including adults. You can visit their website at [www.nacooa.org.uk](https://www.nacooa.org.uk), call them on 0800 358 3456 or email them at [helpline@nacooa.org.uk](mailto:helpline@nacooa.org.uk).

### We Are With You

We Are With You offers a free confidential online chat service. It's available at [www.wearewithyou.org.uk](https://www.wearewithyou.org.uk) weekdays: between 9am–9pm; and on weekends: 10am–4pm.

Take the first step and find out more about the support available at [www.alcoholchange.org.uk/support](https://www.alcoholchange.org.uk/support)