

REACHING OUT

Support for those affected by someone's drinking



MIND

MIND are a service available to support you with any mental health issues. Offering lots of useful resources online to support you.

mind.org.uk/

NACOA

Nacoa is a charity set up to address the needs of children growing up in families where one or both parents suffer from alcoholism or a similar addictive problem.

nacoa.org.uk / 0800 3583456



AL-ANON



Al-Anon Family Groups UK & Eire is there for anyone whose life is or has been affected by someone else's drinking.

al-anonuk.org.uk / 0800 0086 811

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ADFAM

Adfam improves life for families and friends affected by drugs, alcohol or gambling. They offer an online forum so you can chat to others, just like you. They also work hard to change government policy, and support frontline workers.

<https://adfam.org.uk>

BOTTLED UP

Bottled Up helping those affected by drink, including family and friends. They have one to one support available, online tools and programmes. Check out their website:

<https://bottled-up.com/members>



SAMARITANS

The Samaritans logo consists of the word "SAMARITANS" in white, uppercase, sans-serif font, centered within a solid green rectangular background.

SAMARITANS

The Samaritans are there, day or night, for anyone who's struggling to cope, who needs someone to listen without judgement or pressure.

samaritans.org / Tel: 116 123