



Alcohol - Further Support

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

Alcoholics Anonymous (AA) AA is an organisation of men and women who share their experience with each other hoping to solve their problems and help others to recover from alcoholism.

Al-Anon Family Groups offer support to families and friends of problem drinkers, whether they're still drinking or not. Alateen is part of Al-Anon and can be attended by 12-17 year olds who are affected by another person's drinking, usually a parent.

Adfam is a national charity working with families affected by drugs and alcohol. Adfam operates an online message board and database of local support groups.

The National Association for Children of Alcoholics (Nacoa) provides a free, confidential telephone and email helpline for children of alcohol dependent parents and others concerned with their welfare. Call 0800 358 3456 for the Nacoa helpline.