

Addiction Resources

Addaction

Phone 0207 251 5860

www.addaction.org.uk

info@addaction.org.uk

Addaction supports adults, children, young adults and older people to make positive behavioural changes around alcohol, drugs, mental health and wellbeing.

Cocaine Anonymous

Phone 0800 612 0225

www.cauk.org.uk

wtf@cauk.org.uk

This organisation runs self-help groups for those with substance use issues relating to cocaine. Based on the 12 step method of recovery.

Drinkline

Phone 0300 123 1110

(Freephone 9am-8pm Mon-Fri; 11am-4pm Sat-Sun)

Drinkline is a free, confidential national helpline for people who are concerned about their own or someone else's drinking.

Gamblers Anonymous UK

www.gamblersanonymous.org.uk

This organisation runs self-help groups across the UK for anyone affected by addictive gambling behaviours who wants to change. Based on the 12 step method of recovery.

UK Smart Recovery

www.smartrecovery.org.uk

This organisation provides training to help people manage their recovery from any type of addictive behaviour including alcohol, substance use, gambling, sex, eating, shopping etc through a range of self-help meetings.

‘I didn’t know I needed to talk until I spoke to Catherine. Now I have a clearer understanding of what steps I need to take’

For further support contact Catherine using the details below to see how you can work with Blue Sky Vitality.

07487 225035
catherine@blueskyvitality.co.uk
www.blueskyvitality.co.uk

