

Support information for people with alcohol problems

Local support

If you live in Borrowash, Ockbrook, Draycott, Breaston, Sawley, Risley or Long Eaton you can refer yourself to Derbyshire Recovery Partnership by phoning **01246 206514**
(<https://www.derbyshirerecoverypartnership.co.uk/>)

If you live in Spondon or Chaddesden you can refer yourself to Derby Drug and Alcohol Recovery Services by phoning **0300 790 0265**
(<https://www.derbysubstancesmisuseservices.org.uk/>)

National advice and support

Further resources and sources of help

Drinkline - National Alcohol Helpline

Helpline: 0800 917 8282 Monday-Friday, 9 am-11 pm , Weekends 6 pm-11 pm
Offers help to callers worried about their own drinking and support to the family and friends of people who are drinking. Advice to callers on where to go for help.

Alcoholics Anonymous

PO Box 1, 10 Toft Green, York, YO1 7ND
Helpline: 0845 769 7555 Web: www.alcoholics-anonymous.org.uk
There are over 3,000 meetings held in the UK each week with over 40,000 members.

Drinkaware

Web: www.drinkaware.co.uk
A charity which aims to change the UK's drinking habits for the better. Drinkaware promotes responsible drinking and finds innovative ways to challenge the national drinking culture to help reduce alcohol misuse and minimise alcohol-related harm.

AL-Anon Family Groups

61 Great Dover Street, London, SE1 4YF
Tel: 020 7403 0888 Web: www.al-anonuk.org.uk
Offers support for families and friends of alcoholics.

National Association for Children of Alcoholics

PO Box 64, Fishponds, Bristol, BS16 2UH
Helpline: 0800 358 3456 Web: www.nacoa.org.uk
Services include information, advice and support to children of alcoholics through its free helpline, and training to professionals who come into contact with children of alcoholics.