

Frank- Find out everything you need to know about drugs, their effects and the law. Talk to *Frank* for facts, support and advice on drugs and alcohol.

<https://www.talktofrank.com/>



Dan 24/7- Free Bilingual Drug and Alcohol Helpline

Calls are free for all UK landline and mobile phones. Dan 24/7 telephone number will NOT appear on your home itemised bill.

0808 808 2234 or text 81066

<https://dan247.org.uk/>



Alcohol change UK - Alcohol change UK is a charity working to reduce the harm caused by alcohol, ensuring access for all to alcohol support.

<https://alcoholchange.org.uk/>



BCUHB Substance Misuse Service - Betsi Substance Misuse Services provide confidential, non-judgemental, professional and accessible support which aims to reduce the harm caused by drugs and alcohol to individuals, families and the local community.

The Substance Misuse Services operate an open referral system. This means that you can contact the services directly to obtain an initial assessment, advice and support.

Telephone: [03000 859 444](tel:03000859444) Email address: BCU.smswrexham@wales.nhs.uk

<https://bcuhb.nhs.wales/services/hospital-services/substance-misuse-service/>



Adfeiriad- Providing help and support for people with mental health, substance use, addiction and other complex need.

You can find further details of how Adfeiriad can help you by visiting

<https://adferiad.org/>

or calling 01492 863000



Alcoholics Anonymous (AA)- Help and support for anyone with alcohol problems.

[0800 9177 650](tel:08009177650) help@aamail.org (email helpline) alcoholics-anonymous.org.uk



Adfam- ADFAM is the only national charity **tackling the effects of alcohol, drug use or gambling on family members and friends**. They improve life for thousands of people. Their mission is to do this by: * empowering families and friends to get the support they need.

<https://adfam.org.uk/>



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

Call the confidential Helpline on 0800 0086 811 or

Email helpline@al-anonuk.org.uk



Drug Fam- Supporting family, friends and carers affected by a loved one's harmful use of drugs, alcohol or gambling.

<https://www.drugfam.co.uk/>



Families Anonymous- Families Anonymous is a world-wide fellowship of family members and friends affected by another's abuse of mind-altering substances, or related behavioural problems. FA has groups, spread throughout the country, which meet regularly. Any concerned person is encouraged to attend the meetings, even if there is only a suspicion of a problem.

Famanon.org.uk



NACOA UK– National association for children of alcoholics

Free, confidential advice and support for *children* of alcohol-dependent parents. They are here there listen. They won't judge.

FREE Helpline- [0800 358 3456](tel:08003583456)

<https://nacoa.org.uk>

