

DRUG USE, SUPPORT, ADVICE AND INFORMATION

Updated March 2020

PHONELINES

Narcotics Anonymous 0300 999 1212 10 am - midnight Website: www.ukna.org

FRANK Drug & Alcohol support line 0300 123 6600 24 hrs a day 7 days a week
Email: frank@talktofrank.com Text: 82111

CGL 0300 303 8160 24 hrs a day 7 days a week

Supportline Call: 01708 765 200 Website: info@supportline.org.uk

Release advice re drug use, the law and support for families 020 7324 2989

MIND 0300 123 3393 9 am – 6 pm Text: 86463

The Mix for those under 25 yrs old 0808 808 4994 4pm – 11 pm 7 days a week

Crisis Messenger For those in CRISIS - Anonymous Text Service: 85258 THEMIX

WEBSITES

Drugsand.me – harm reduction information

DrugWise www.drugwise.org.uk

Release specialist advice re drug use, the law and support for families
Ask.release.org.uk 020 7324 2989

ADDACTION www.wearewithyou.org.uk

MIND info@mind.org.uk

The Mix for those under 25 yrs old www.themix.org.uk

WEBCHATS

The Mix for those under 25 yrs old 0808 808 4994 4pm – 11 pm 7 days a week plus webchat

APPS

Drug Addiction: Alcoholics & Narcotics companion

Squirrel Recovery