

ALCOHOL USE, SUPPORT, ADVICE AND INFORMATION

Updated March 2020

PHONELINES

Alcoholics Anonymous Free helpline 24 hrs a day 7 days a week 0800 917 7650 Email: help@aamail.org or helpline@al-anonuk.org.uk

FRANK Alcohol & Drug 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

Drinkline support and advice Open 9 – 8pm Monday – Friday, 11 – 4 at weekends Call: 0300 123 1110

WEBSITES

Alcohol Change UK alcoholchange.org.uk

ADDACTION tips to help cut down or stop drinking www.wearewithyou.org.uk

Breaking Free www.breakingfreeonline.com Get an access code from CGL STAR

WEBCHATS

Drinkchat via drinkaware.co.uk

We are with you – 10 - 4 Monday – Friday, 11 – 4 at weekends tips to help you cut down or stop your drinking

APPS

Drinkaware

My Drinkchat

Nomo – Sobriety Clocks

SoberTool

Sober Grid

Sobriety Counter

AlcoDroid Alcohol Tracker

I am Sober