

## Remember the most important helpline!

If someone overdoses call **999** immediately and ask for an ambulance.  
This can save their life!

**We supply naloxone—ask your recovery coordinator for details**

This document can be made available in other languages and formats. For more information telephone 01803 219700



[www.torbayandsouthdevon.nhs.uk](http://www.torbayandsouthdevon.nhs.uk)



[www.facebook.com/torbayandsouthdevonFT](https://www.facebook.com/torbayandsouthdevonFT)



[@tsdft\\_nhs](https://twitter.com/tsdft_nhs)

Ref: Centre/Issue— Date Updated 26/09/2014



**Partners in Care**

25216 V2/Community/TSDFT/10.16/Review Date 10.18

## Be a Part of the Torbay Recovery Partnership

This leaflet provides contact details for Drug and Alcohol help lines.

Many are available 24 hours a day 7 days a week.



If you have any questions please contact either:

**Walnut Lodge 01803 604330**  
Or  
**Shrublands House 01803 291129**

***Working with you, for you***

**The National Drugs Helpline –  
0870 776 600**

Offers free and confidential information about drugs. It can refer people to local drug advice services.

**Release – 020 7729 9904/0845 4500  
0215**

24hr helpline offering information on arrest, the law, advocacy and legal issues

**Narcotics Anonymous – 0845 373  
3366/020 7730 0009 -[www.ukna.org](http://www.ukna.org)**

A fellowship of men and women for whom drugs had become a major problem – recovering addicts who meet regularly to help each other stay clean.

**Frank – 0800 776600 (lines open  
24hrs) [www.talktofrank.com](http://www.talktofrank.com)**

Frank provides free and confidential advice about any drug issues whether it's information you're after or just a chat. Frank also has leaflets that they can send you free of charge which explain all about the different types of drugs.

**Drinkline – 0800 9178282**

Provides confidential information and self-help advice, can put callers in touch with local alcohol advice centres for one-to-one help, and supports friends and families of people who are drinking.

**Drinkaware -  
[www.drinkaware.co.uk](http://www.drinkaware.co.uk)**

Online information about alcohol and harm reduction interventions.

**Alcohol Concern – 020 7928 7377-  
[www.alcoholconcern.org.uk](http://www.alcoholconcern.org.uk)**

The national agency on alcohol misuse. It offers general information about alcohol and can provide details of local alcohol advisory centres.

**Alcoholics Anonymous – 0845 769  
7555 - [www. Alcoholics-  
anonymous.org.uk](http://www.Alcoholics-anonymous.org.uk)**

A fellowship of men and women who share their experiences with each other so that they may solve their common problem and help each other recover.

**National Association for Children  
of Alcoholics – 0800 358 3456**

Provides information, advice and support to children of alcoholics and people concerned with their welfare through its free, confidential telephone helpline

**Al-Anon Family Groups – 020  
74030888**

Provides self-help sessions for people whose lives are affected by someone else's drinking

**Childline -  
08001111/ [www.childline.org.uk](http://www.childline.org.uk) –**  
Free 24hr helpline for young people who are in trouble or danger.

**Samaritans – 08457 90 90 90-  
[www.samaritans.org](http://www.samaritans.org)**  
Free 24hr helpline.

**ADFAM National – 020 7928 8900**  
Provides a confidential support and information helpline for families and friends of drug users.