

# Support Services for Addiction & Mental Health

Alcoholics Anonymous - [alcoholics-anonymous.org.uk](https://alcoholics-anonymous.org.uk)

Narcotics Anonymous - [ukna.org](https://ukna.org)

Turning Point - [turning-point.co.uk](https://turning-point.co.uk)

Change, Grow, Live - [change-grow-live.org](https://change-grow-live.org)

Al-Anon - for families and friends of alcoholics - [al-anonuk.org.uk](https://al-anonuk.org.uk)

Nacoa - for those affected by their parent's drinking - [nacoa.org.uk](https://nacoa.org.uk)

Talk to Frank - [talktofrank.com](https://talktofrank.com)

Club Drug Clinic - support for those using recreational drugs - [clubdrugclinic.cnwl.nhs.uk](https://clubdrugclinic.cnwl.nhs.uk)

London Friend - support for those in the LGBTQ+ community - [londonfriend.org.uk](https://londonfriend.org.uk)

MIND - mental health support in each London borough - [mind.org.uk](https://mind.org.uk)

Solace Women's Aid - [solacewomensaid.org](https://solacewomensaid.org)

## For urgent mental health support:

Call **116 123** to talk to Samaritans, or email: [jo@samaritans.org](mailto:jo@samaritans.org) for a reply within 24 hours

Text "**SHOUT**" to **85258** to the Shout Crisis Text Line, or text "**YM**" if you're under 19