



HORSHAM CENTRAL
PRIMARY CARE NETWORK

Park, Holbrook, Orchard & Riverside

SUPPORT FOR FAMILY AND FRIENDS IMPACTED BY ADDICTION



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Adfam

Adfam tackles the effects of alcohol, drug use, or gambling on family members and friends by empowering them to get the support they need via their guidance of services. Access their website to find out more details of groups, social media, and resources for further help.

Phone: 07442 137421

Website: <https://adfam.org.uk/about-us/>

Email: admin@adfam.org.uk



@AdfamUK



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Al-Anon Family Groups UK & Eire

A service for anyone impacted by another's drinking running free of charge in-person and online meetings. They also have a range of literature to help, offering insight into all aspects of dealing with the effects of another's alcoholism.

Al-Anon is not a therapy service but the opportunity to listen and share with others of similar experiences.

Helpline: 0800 0086 811

Open 10am-10pm every day of the year

Website: <https://www.al-anonuk.org.uk/>

Email: Accessible via email service on their website



@AlAnonUKandEire



@alanonukandeire



/AlAnonFamilyGroupsUK



Alternat+ves

Alternat+ves combines traditional step method groups with modern recovery techniques to help friends and family manage the addiction and recovery of someone they care about that has struggles with substance use dependency whether it be alcohol, drugs, gambling, or other addictive activities.

Alternat+ves is run by a UK based couple that have been on their own journey of recovery, since 2008, from the effects on their family of their eldest son's co-occurring disorders.

They run online support groups accessible via their website - some require prior registration.

Phone: 07982 815783

Website: <https://www.alternat-i-ves.org/index.html>

Email: alternatives@gmx.com



Carers Support West Sussex

Carers Support West Sussex support family and friend carers affected by the drinking or drug use of others. They provide free support and confidential advice as well as running face to face, online, and walking groups and information on other supportive resources.

Phone: 0300 028 8888

Website: <https://www.carerssupport.org.uk/drug-and-alcohol>

Email: info@carerssupport.org.uk

Opening times: Monday-Friday 9am-5pm, Wednesday 9am-7pm, Saturday 10am-12pm.



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Change Grow Live

A free and confidential drug and alcohol service for adults aged 25+ (including offenders), families and affected others.

CGL will meet with you and complete an assessment to agree which issues you need support with. If you would like an informal discussion first please call. the North Team covers Crawley and Horsham.

Phone: 0330 128 1113

Website: <https://www.carerssupport.org.uk/drug-and-alcohol>

Email: WestSussex.Firststep@cgl.org.uk



@changegrowlive



@changegrowliveuk



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Drinkaware

Drinkaware run a Drinkchat and Drinkline for anyone looking for information or concerned about their own or another's drinking. In both the phonenumber and webchat you will be connected to a trained professional able to advise and support you.

Drinkline Helpline: 0300 123 1110

Open Monday-Friday 9am-8pm and weekends 11am-4pm.

Drinkchat: webchat with a trained professional from Monday-Friday between the times of 9am-2pm.

<https://www.drinkaware.co.uk/advice/alcohol-support-services/chat-with-an-advisor>



@Drinkaware



@drinkaware_trust



/MyDrinkaware



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@drinkaware



DrugFAM

DrugFAM allow you to talk to trained professionals free of charge about the alcohol, drug, or gambling addiction of someone you care about via email service or telephone, or attend online support groups available Monday, Tuesday, Wednesday, and Thursday evenings, and Sunday mornings. Contact DrugFAM for more information on how to join.

Helpline: 0300 888 3853

Open Monday-Sunday from 9am-9pm every day of the year

Website: <https://www.drugfam.co.uk/active-addiction/>

Email: accessible via email service on their website



@DrugFAM



@drugfamuk



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/drugfam



@drugfam6246



GamCare

GamCare operates the National Gambling Helpline and provides treatment, advice, and support for anyone impacted by gambling. They also provide face to face treatment and a 'Recovery Toolkit'.

Helpline: Call 0808 8020 133

You can also access alternative methods of the GamCare helplines through their live chat via their website, WhatsApp communication, or Facebook Messenger services, all open 24/7.

Website: <https://www.gamcare.org.uk/>



@GamCare



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@gamcareconference201



Kenward Trust

Kenward Trust run free of charge weekly telephone sessions on Thursday mornings with experts in the field of addiction for friends and family of those that are misusing alcohol and substances. As well as this they provide support for individuals struggling with alcohol and drug use themselves.

Phone: 07597 040091

Website: <https://kenwardtrust.org.uk/services/friends-and-family>

Email: confidential.advice@kenwardtrust.org.uk



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NACOA

National Association for Children of Alcoholics

NACOA provide support and assistance for those affected by a parent's drinking or similar addictive problem. This service is for all children whether adult or not and offers support for all age groups including resources and online message boards.

Helpline: 0800 358 3456

Available Monday-Saturday from 12pm until 7pm

Email helpline: helpline@nacoa.org.uk

Available Monday-Saturday from 12pm until 9pm

Phone: 0117 924 8005

Website: <https://www.nacoa.org.uk>



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With You

(Formerly Addaction)

With You (Formerly Addaction) is a charity providing free confidential support for those concerned about their own or others drinking or drug use. They offer an online chat service as well as resources in helping you cope and manage with the drinking and drug use of others.

Online Chat: <https://www.wearewithyou.org.uk/help-and-advice/about-our-online-chat/>

Open Monday-Friday from 9am until 9pm and weekends 10am until 4pm.

Website: <https://www.wearewithyou.org.uk/help-and-advice/advice-friends-family/>



@WeAreWithYou



@wearewithyoucharity



/WeAreWithYouCharity



/WeAreWithYouCharity



Helplines: Telephone

Al-Anon: 0800 0086 811

Open 10am-10pm every day of the year

Drinkaware Drinkline: 0300 123 1110

Open Monday-Friday 9am-8pm and weekends 11am-4pm.

DrugFAM: 0300 888 3853

Open Monday-Sunday from 9am-9pm every day of the year

GamCare: Call 0808 8020 133

Open 24/7

NacoaUK: 0800 358 3456

Open Monday-Saturday 12pm-7pm



Helplines: Non-verbal

DrinkAware Drinkchat: webchat with a trained professional from Monday-Friday between the times of 9am-2pm.

<https://www.drinkaware.co.uk/advice/alcohol-support-services/chat-with-an-advisor>

GamCare: online webchat, WhatsApp messages, Facebook Messenger and online forums all available 24/7.

<https://www.gamcare.org.uk/>

NacoaUK: email helpline available from Monday-Saturday 12pm-9pm.

helpline.nacoa@org.uk

WithYou: online chat open Monday-Friday 9am-9pm and weekends 10am-4pm.

<https://www.wearewithyou.org.uk/help-and-advice/about-our-online-chat/>

