

Patrons: Tony Adams MBE • Calum Best • Lauren Booth • Rt Hon Liam Byrne MP • David Coldwell • Geraldine James OBE • Sophie K
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Help for People with Alcohol Problems

When someone has an alcohol problem, professional help is often needed. If the person is physically dependent on alcohol, stopping drinking suddenly can be dangerous so it is always safest to seek medical advice.

Alcohol dependency is like an illness where someone has lost control over their drinking. Denial is a common feature of addiction so the first step is recognising that there is a problem. There are people and places that can help, but as hard as it is for family and friends, only the person with the drink problem can choose to accept this help. Alcohol treatment involves helping people to stop being physically dependent on the drug and then learning how to cope with life without alcohol. Types of support include helplines, support groups, counselling, detoxification, daycare and residential treatment programmes. Recovery is not always easy and some people take several attempts to stop drinking, whilst for others it may be a continuous struggle.

For people concerned about their drinking, their GP is often a good starting point for seeking help. GPs can make referrals to local alcohol services.

Some national sources of help and treatment directories are listed below. You can also contact the Nacoa helpline who will happily research sources of support in your area.

Alcoholics Anonymous (AA)

www.alcoholics-anonymous.org.uk Tel:
0845 769 7555 Information, support and
local meetings for alcoholics

Drinkaware

Website: www.drinkaware.co.uk

Drinkline Tel: 0800 917 8282

Helpline for people worried about their own or other people's drinking

Withyou

www.wearewithyou.org.uk

A UK-wide treatment agency, helping individuals, families and communities to manage the effects of drug and alcohol misuse.



Providing information, advice and support
for everyone affected by a parent's drinking

FREE Helpline **0800 358 3456**
helpline@nacoa.org.uk

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Drink and DrugNews

Magazine for the substance misuse field that produces a listing of Residential
treatment services <http://drinkanddrugsnews.com/residential-directory/>

NHS Choices

<https://www.nhs.uk/Livewell/alcohol/Pages/AlcoholSupport.aspx>

This site provides advice and information on alcohol and offers a database of support and
treatment services