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## Online resources for alcohol addiction recovery during the coronavirus

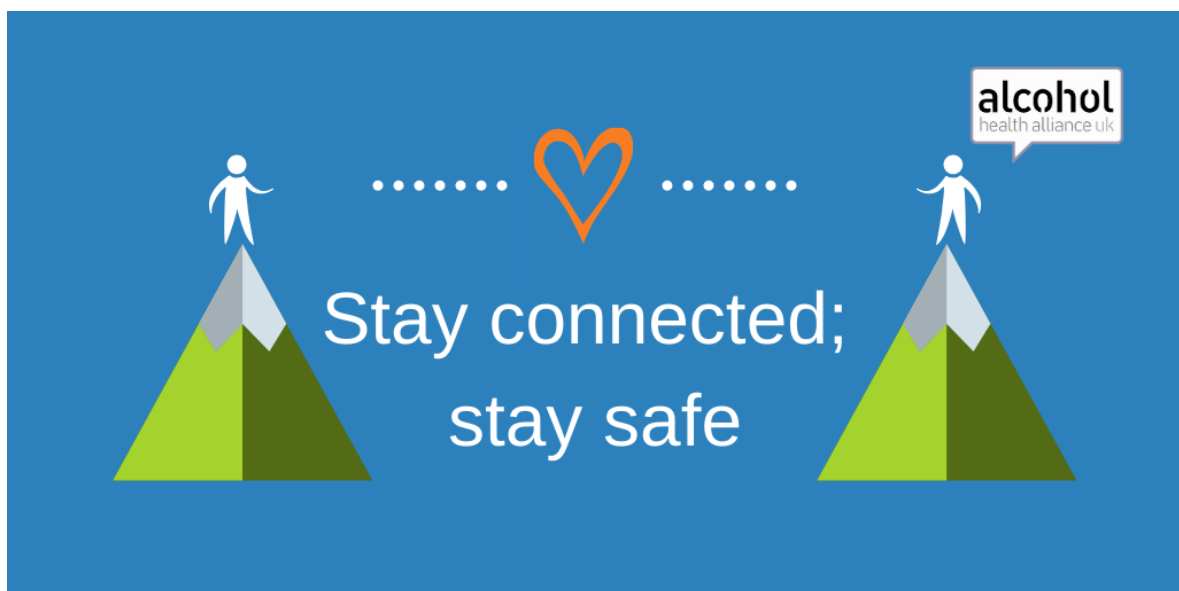
*The COVID-19 pandemic presents those in recovery with an unprecedented set of circumstances which may have an impact on health and well-being.*

*In order to support those in recovery at this difficult time, the Alcohol Health Alliance has put together a list of resources which may be useful.*

*All of us are unique and need support in different ways. You may find some resources more useful than others.*

*If you are aware of any other online resources that aren't listed, do get in touch (<mailto:megan.griffiths@ahauk.org>) with us.*

**Even in self-isolation, we are not alone.**



**Online meetings and support for recovery**



**Alcoholics Anonymous** (<https://www.alcoholics-anonymous.org.uk/Home>)

Alcoholics Anonymous have moved their peer-support meetings online.

Helpline number: 0800 9177 650 (open 24/7), [help@aamail.org](mailto:help@aamail.org) (<mailto:help@aamail.org>)

**Breaking Free Online** (<https://www.breakingfreeonline.com/>)

Provide access to 24/7 recovery support via their app or website.

**C3 Foundation Europe** (<https://www.c3foundationeurope.org/>)

C3 Foundation is providing free one-to-one counselling sessions via Skype.

The charity uses the Sinclair Method but is opening sessions to anyone needing any alcohol dependency support.

Contact [joanna@c3foundationeurope.org](mailto:joanna@c3foundationeurope.org) (<mailto:joanna@c3foundationeurope.org>) to arrange a session.

**DAN** (<http://www.dan247.org.uk/Default.asp>)

A free and bilingual (English/ Welsh) telephone drugs helpline providing a single point of contact for anyone in Wales wanting further information or help relating to drugs or alcohol.

Helpline: 0808 808 2234, or text DAN to: 81066 (open 24/7)

## **Drinkline**

Drinkline offers free, confidential, information on alcohol consumption. Please note, it is not a counselling service.

Helpline: 0300 123 1110 (weekdays 9am–8pm and weekends 11am–4pm)

**SMART Recovery** (<https://smartrecovery.org.uk/online-meetings/?fbclid=IwAR0brzOipfUAw8EYjT3sr6R9zS2zm7jyYw7S5S2g2NSr4eCUwjtxt2ns8>)

You can join a SMART Recovery online meeting at the times listed on their website.

**Sober Recovery** (<https://www.soberrecovery.com/forums/>)



Sober Recovery provides a chat forum for those in recovery as well as their friends and family.

**We Are With You** (<https://www.wearewithyou.org.uk/help-and-advice/about-our-online-chat/#open-webchat>).

Speak to trained drug and alcohol workers online via We Are With You.

(Weekdays, 10am-4pm, 6pm-9pm)

(Weekends, 11am-4pm)

## Support for families



**Al-anon** (<https://www.al-anonuk.org.uk/helpline/>)

Offers support to the families and friends of dependent drinkers.

Helpline: 0800 0086 811 (10am-10pm), [helpline@al-anonuk.org.uk](mailto:helpline@al-anonuk.org.uk) (<mailto:helpline@al-anonuk.org.uk>)

**Nacoa** ([http://nacoa.org.uk/news-and-events/news/2020/03/18/nacoa-covid\\_19-helpline-open-with-reduced-opening-hours/](http://nacoa.org.uk/news-and-events/news/2020/03/18/nacoa-covid_19-helpline-open-with-reduced-opening-hours/)).



Nacoa (The National Association for Children of Alcoholics) was founded to address the needs of children growing up in families where one or both parents suffer from alcoholism or a similar addictive problem. This includes children of all ages, many of whose problems only become apparent in adulthood.

Helpline: 0800 358 3456 (Monday-Saturday, 2pm-7pm), [helpline@nacoa.org.uk](mailto:helpline@nacoa.org.uk)  
(<mailto:helpline@nacoa.org.uk>) (Monday-Saturday, 12pm-9pm)

**Scottish Families Affected by Alcohol and Drugs** (<https://www.sfad.org.uk/support-services/support-for-families-about-coronavirus>)

The charity support anyone who is concerned about someone else's drug or alcohol use in Scotland.

Bereavement support and one-to-one support are available online or by phone. Their website also contains a range of resources to help with your well-being.

Helpline: 08080 10 10 11 (Monday-Friday, 9am-11pm), [helpline@sfad.org.uk](mailto:helpline@sfad.org.uk)  
(<mailto:helpline@sfad.org.uk>)

## Podcasts



**Some people may find it comforting to know that they aren't alone in their recovery by listening to stories from others:**

[BBC Hooked](https://www.bbc.co.uk/programmes/p07q3jb7/episodes/downloads) (<https://www.bbc.co.uk/programmes/p07q3jb7/episodes/downloads>).

Melissa Rice and Jade Wye debunk the stereotype of addicts and guide you through the highs and lows of addiction and recovery.

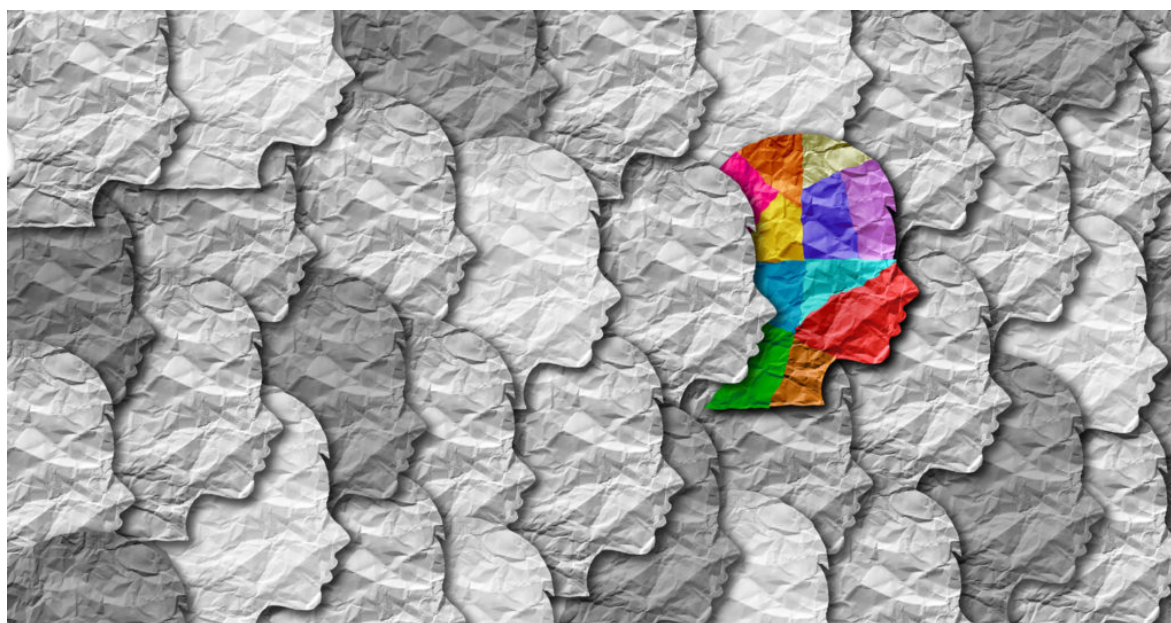
[Love Over Addiction](https://loveoveraddiction.com/podcast/) (<https://loveoveraddiction.com/podcast/>)

A podcast for people who love someone with an alcohol addiction.

[That Sober Guy](http://www.thatsoberguy.com/) (<http://www.thatsoberguy.com/>)

That Sober Guy Podcast was created by Shane Ramer. Shane battled a 17 year alcohol and drug addiction and in 2013 he sought treatment. Less than a year later, he started That Sober Guy Podcast as a way to share his own recovery and allow others to share theirs.

## **Mental health concerns**



**If you need immediate help, call 999**

[Samaritans](https://www.samaritans.org/) (<https://www.samaritans.org/>)



Samaritans provides emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide.

Helpline: 116 123 (open 24/7), [jo@samaritans.org](mailto:jo@samaritans.org) (<mailto:jo@samaritans.org>)

**SHOUT** (<https://www.giveusashout.org/>)

SHOUT is the UK text service for people in crisis.

Helpline: 85258 (via text message open 24/7)

**CALM** (<https://www.thecalmzone.net/help/get-help/>).

The Campaign Against Living Miserably (CALM) is here to support those who feel isolated, anxious, alone or suicidal.

Helpline: 0800 58 58 58 (5pm-midnight)

[Webchat](https://www.thecalmzone.net/help/webchat/) (<https://www.thecalmzone.net/help/webchat/>) (5pm-midnight)

**Mind** (<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>)

The mental health charity has put together a number of resources to provide advice on anxiety, social distancing and taking care of your well-being.

## Physical health concerns





Go to **[NHSUK/coronavirus \(https://www.nhs.uk/conditions/coronavirus-covid-19/\)](https://www.nhs.uk/conditions/coronavirus-covid-19/)** for information about the virus and how to protect yourself. Use the **[111 online coronavirus service \(https://111.nhs.uk/covid-19\)](https://111.nhs.uk/covid-19)** to check if you need medical help.

A number of UK charities have specialist health pages for certain conditions, including:

### **Liver health**

[British Liver Trust \(https://britishlivertrust.org.uk/coronavirus-covid-19-health-advice-for-people-with-liver-disease-and-liver-transplant-patients/\)](https://britishlivertrust.org.uk/coronavirus-covid-19-health-advice-for-people-with-liver-disease-and-liver-transplant-patients/)

### **Cancer**

[Cancer Research UK \(https://www.cancerresearchuk.org/about-cancer/cancer-in-general/coronavirus-and-cancer\)](https://www.cancerresearchuk.org/about-cancer/cancer-in-general/coronavirus-and-cancer)

[World Cancer Research Fund \(https://www.wcrf-uk.org/uk/blog/articles/2020/03/coronavirus-disease-covid-19-guidance\)](https://www.wcrf-uk.org/uk/blog/articles/2020/03/coronavirus-disease-covid-19-guidance)

[Bowel Cancer UK \(https://www.bowelcanceruk.org.uk/news-and-blogs/coronavirus-faqs/advice-for-people-with-bowel-cancer/\)](https://www.bowelcanceruk.org.uk/news-and-blogs/coronavirus-faqs/advice-for-people-with-bowel-cancer/)

[Breast Cancer Now \(https://breastcancernow.org/about-us/media/statements/advice-coronavirus-people-cancer\)](https://breastcancernow.org/about-us/media/statements/advice-coronavirus-people-cancer)



## Diabetes

[Diabetes UK \(https://www.diabetes.org.uk/about\\_us/news/coronavirus\)](https://www.diabetes.org.uk/about_us/news/coronavirus)

## Heart health

[British Heart Foundation \(https://www.bhf.org.uk/information-support/heart-matters-magazine/news/coronavirus-and-your-health\)](https://www.bhf.org.uk/information-support/heart-matters-magazine/news/coronavirus-and-your-health)

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