

Patient information factsheet

Alcohol care resources

Many of these resources have been recommended by others who have found them helpful.

Local community services	Contact details
<p>Southampton Drug and Alcohol Support Service Support for adults and families who are struggling with drugs or alcohol.</p> <p>Postcodes: SO14 to SO19</p>	<p>Telephone: 02380 717171</p> <p>Website: changegrowlive.org/drug-alcohol-service-southampton/info</p>
<p>DASH (No Limits) Provides help and support for young people up to the age of 25 in Southampton.</p> <p>Postcodes: SO14 to SO19</p>	<p>Telephone: 02380 224224</p> <p>Website: nolimitshelp.org.uk/get-help/health-wellbeing/drugs-and-alcohol/</p>
<p>Inclusion Recovery Hampshire Support for those affected by drugs and alcohol in Hampshire.</p>	<p>Telephone: 0300 124 0103</p> <p>Website: inclusionhants.org</p>
<p>Catch 22: Hampshire 24/7 A young people's drug and alcohol service (up to the age 25) in Hampshire.</p>	<p>Telephone: 0845 459 9405</p> <p>Website: www.catch-22.org.uk/services/hampshire-247-substance-misuse-support/</p>
<p>The Lighthouse Local mental health support run by Solent MIND.</p> <p>Postcodes: SO14 to SO19</p>	<p>Text 'lighthouse' and your postcode to: 074 5127 6010</p> <p>Opening hours: 4.30pm to 12am (midnight)</p> <p>Website: www.solentmind.org.uk/support-for-you/our-services/the-lighthouse/</p>

National and global resources

Alcoholics Anonymous

Helpline number: **0800 9177 650** (open 24/7)

Email: help@aamail.org

Website: www.alcoholics-anonymous.org.uk/

Breaking Free Online

Access to 24/7 recovery support via the Breaking Free Online app or website.

Website: www.breakingfreeonline.com/

Club Soda

This is an online community that focuses on mindful drinking/going alcohol-free. It also organises national face-to-face events. Online support is free. There are charges for some face-to-face events.

Website: www.joinclubsoda.co.uk

Drinkcoach

Drinkcoach was established to help people keep track of and change unhealthy drinking habits. Their online resources include an app, to help people keep track of how much they are drinking, as well as online coaching sessions with a trained alcohol worker over Skype.

Website: drinkcoach.org.uk

Drinkline

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

Helpline: **0300 123 1110**

Opening hours: Monday to Friday: 9am to 8pm; Saturday and Sunday: 11am to 4pm

One You

A Public Health England website providing information about different aspects of lifestyle, including alcohol use.

Website: www.nhs.uk/oneyou

SMART Recovery

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

In response to the current crisis, SMART Recovery are providing a call back service between 9am and 5pm. To request a call, email: support@smartrecovery.org.uk and provide your name and phone number.

Email: support@smartrecovery.org.uk

Website: smartrecovery.org.uk

Soberistas

A worldwide recovery community which includes a message forum and chat room. You can sign up for a free seven day trial to begin with and then pay a membership fee.

Website: soberistas.com

Sober Recovery

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

Website: www.soberrecovery.com/forums/newcomers-recovery/

Sobriety Films UK (SFUK)

SFUK has started running a series of recovery film-making workshops. The first round is for 18-26 year olds. Sessions take place twice a week for three weeks. The films being made are themed around recovery and resilience. Email SFUK to find out more.

Email: sfuk.workshops@gmail.com

We Are With You

Speak to trained drug and alcohol workers online via We Are With You. You can contact them if you are worried about your own or someone else's alcohol use.

Opening hours: Monday to Friday: 9am to 9pm; Saturday and Sunday: 10am to 4pm

Website: www.wearewithyou.org.uk/help-and-advice/advice-you/reducing-how-much-alcohol-you-drink/

We Are With You (Over 50s)

If you're over 50 and have concerns about your drinking, or you're worried about someone else, you can use the We Are With You (Over 50s) helpline.

Helpline: **0808 801 0750**

Website: www.wearewithyou.org.uk/help-and-advice/over-50s-alcohol-helpline/

Support for families

Adfam

A charity for anyone affected by the effects of alcohol, drug use or gambling problem on family members and friends. There is an online forum and newsletter.

Website: adfam.org.uk

Al-Anon

Offers support to the families and friends of dependent drinkers.

Helpline: **0800 0086 811**

Email: helpline@al-anonuk.org.uk

Website: www.al-anonuk.org.uk/

Opening hours: 10am to 10pm

Drugfam

Charity providing support to families, friends and partners affected by someone else's drug, alcohol and gambling problems.

Helpline: **0300 888 3853**

Website: www.drugfam.co.uk/

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National Association for Children of Alcoholics (NACOA)

Information, advice and support for everyone affected by a parent's drinking (including support for adults)

Helpline: **0800 358 3456**

Email: helpline@nacoa.org.uk

Website: nacoa.org.uk

Parent Support Link

A network supporting and informing the families and friends of people who use drugs and alcohol.

Telephone: **023 8039 9764**

Website: www.pslcharity.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:

BC Hooked

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

A podcast for people who love someone with an alcohol addiction

That Sober Guy Podcast

'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

Books

How to lead a happier, healthier alcohol-free life

Lucy Rocca (founder of Soberistas)

Your six week plan

Lucy Rocca (founder of Soberistas)

Kick the drink –easily!

Jason Vale

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Mental health concerns

Urgent mental health support (available 24/7)

If you need immediate help, call 999

If you need to speak to mental health trained staff, call 111

Samaritans

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

Helpline: **116 123** (open 24/7)

Email: jo@samaritans.org

SHOUT

SHOUT is the UK text service for people in crisis.

Text 'SHOUT' to **85258**

The Campaign Against Living Miserably (CALM)

CALM is here to support those who feel isolated, anxious, alone or suicidal.

Helpline: **0800 58 58 58**

Webchat: www.thecalmzone.net/help/webchat/

Website: www.thecalmzone.net/

Opening hours: 5pm to 12am (midnight)

Mind

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

Website: www.mind.org.uk/

For a translation of this document, or a version in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email patientsupporthub@uhs.nhs.uk

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit www.uhs.nhs.uk/additionalsupport