

ALCOHOL MISUSE

ADAS (Alcohol and Drugs Advisory Service)

ADAS is a registered charity offering the following open access drop-in services to people who experience problems with their substance misuse: advice and information, substance misuse assessment to identify health and social needs, one to one counselling, psychotherapy, access to complementary therapies such as shiatsu, aromatherapy, reflexology and Indian head massage, stress and anxiety management training, expressive art classes and relapse prevention programmes. It also offers children's play therapy for children aged 5-13 affected by parental substance misuse.

118-122 The Stow, Harlow CM20 3AS
(01279) 438716 Fax: (01279) 641140

Email: admin@adasuk.org

Website: www.adasuk.org

Al-Anon Family Groups and Alateen

Al-Anon Family Groups provide understanding, strength and hope to anyone whose life is, or has been, affected by someone else's drinking. Alateen is for young people aged twelve to twenty, who are affected by a problem drinker. For details of local support for both services, contact the national helpline.

61 Great Dover Street, London SE1 4YF
020 7403 0888 Fax: 020 7378 9910
Website: www.al-anonuk.org.uk

Alcoholics Anonymous (A.A.)

A.A. is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only membership requirement is the desire to stop drinking. Calls to the 24 hour national helpline are redirected automatically to an AA member in your region and charged at local call rates.

Alcoholics Anonymous, P.O. Box 1, Stonebow House, Stonebow, York YO1 7NJ
01904 644026 - office
0845 769 7555 - 24 Hour Helpline
01245 256147 – for details of local meetings in Essex and North Thames
Website: www.alcoholics-anonymous.org.uk

Community Drug and Alcohol Team, West Essex

A team of health and social work professionals work with drug and alcohol users who want to regain control of their lives. People can ask the team for help themselves or be referred by health professionals and other agencies.

Contact CDAT for more information about support group meetings where all those affected by alcohol or drugs are welcome.

Alymer House, Kitson Way, The High, Harlow CM20 1DG
(01279) 698721 Fax: (01279) 698722