

DRUGS 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

ADFAM

This service provides confidential support and information for families and friends of drug users. The website has a searchable database of support services for families.

Adfam, Waterbridge House, 32-36 Loman Street, London SE1 0EH
(020) 7928 8898 – admin Fax: (020) 7928 8923
Email: admin@adfam.org.uk
Website: www.adfam.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

Families Anonymous

This group operates self help support groups around the UK for families and friends of people with a current, suspected or former drug related problem. To find out if there is a meeting near you, ring the Helpline on weekday afternoons. At other times a recorded message gives telephone numbers of volunteer contacts.

0845 1200 660 Fax: (020) 7498 1990
Email: office@famanon.org.uk
Website: www.famanon.org.uk

National Drugs Helpline

This service is also called Talk to Frank. The website and free and confidential telephone helpline offer advice, information and support to anyone concerned about drugs and solvent/volatile substance misuse, including drug misusers, their families, friends and carers. You can talk to Frank in 120 languages – just call the same helpline number.

0800 77 66 00 - Freephone Helpline, 24 hours, 7 days a week
0800 917 8765 – Minicom/Textphone
Email: frank@talktofrank.com or via a link from the website.

Website: www.talktofrank.com

Release

Release provides free confidential and professional legal advice for those who come into contact with drugs. They advise on specialist areas of drug law as well as general criminal and other legal procedures. They also act as a legal resource for the drugs field, providing advice and support to staff from other agencies about legal issues affecting their clients. They produce educational literature on the legal and health aspects of using drugs.

Release, 388 Old Street, London EC1V 9LT
020 7729 5255 - admin Fax: (020) 7729 2599
0845 4500 215 - Helpline:
Email: ask@release.org.uk
Website: www.release.org.uk

Talk to Frank

See the entry for National Drugs Helpline higher up this page.