

Services in North Tyneside

North Tyneside Recovery Partnership

Individuals experiencing issues with drugs and alcohol.

Tel: 0191 640 0180

(Mon-Fri: 9-4pm)

<https://www.cntw.nhs.uk/services/north-tyneside-recovery-partnership/>

North Tyneside PROPS

Improving the lives of families affected by alcohol and drug use.

Tel: 0191 270 4248

(Monday-Friday 9am-4.30pm)

Helpline: 0191 226 3440

(Mon-Fri 5pm-9pm/weekends 9am-10pm)

<https://props.org.uk/>

PAUSE

Supporting individuals & families affected by or experiencing problematic alcohol.

Tel: 0191 341 0033

www.meadowwellconnected.org.uk/alcohol-support

North Tyneside Recovery Partnership Young Persons Service

Support for young people up to the age of 25 years old, experiencing issues with drugs and alcohol.

Tel: 0191 240 8122

<https://www.turning-point.co.uk/ntrp>

Websites

Al-Anon Family Groups

Face to Face & online support groups

Tel: 0800 0086 811

(10am to 10pm, seven days a week)

<https://al-anonuk.org.uk/>

Alcoholics Anonymous

Tel: 0845 769 7555

(24-hour, 7 days a week)

<https://www.alcoholicsanonymous.org.uk/>

Families Anonymous

Provides support for friends and family.

Tel: 0845 1200 660 (weekdays 1pm-4pm and 6pm-10pm, weekends 2pm-10pm).

Alcohol Change UK

Get help and support if you're worried about your drinking or someone else's.

<https://alcoholchange.org.uk/>

Smart Recovery

Self Help Addiction Recovery Program including alcoholism and drug addiction

<https://smartrecovery.org.uk/>

Turning Point-Online Self Help

<https://www.turning-point.co.uk/services/ntrp>

Samaritans

Contact: 116 123

(24 hrs, 365 days per year)

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We use mobile phones for everything these days including giving up alcohol.



Try Dry: Dry January® & beyond.



I am sober.



Say nomo



Sober grid



Drink free Days.



Drinkaware

Ready to change your Drug habits?

Talk to Frank

Tel: 0300 1236600

<https://www.talktofrank.com/>

Know the Score

Tel: 0800 587 5879

<https://www.knowthescore.info/>