

Addiction Support for Family & Friends

These services offer support for family members, partners, and friends affected by someone else's drug, alcohol, or gambling use - from emotional help to practical advice and peer support.

Adfam

Supports families and friends affected by addiction with resources, guidance, and signposting to services.

admin@adfam.org.uk | 07442 137421
<https://adfam.org.uk/>



SCAN ME

Al-Anon Family Groups UK & Eire

Runs free in-person and online meetings for anyone affected by another's drinking.

0800 0086 811 (10am–10pm daily)
www.al-anonuk.org.uk/



SCAN ME

Alternat+ves

Offers online support groups and resources for families affected by substance use and addiction.

alternatives@gmx.com | 07982 815783 |
www.alternat-i-ves.org/index.html



SCAN ME

Carers Support West Sussex

Free, confidential support for carers impacted by drug or alcohol use.

info@carerssupport.org.uk | 0300 028 8888
www.carerssupport.org.uk/alcohol-and-drugs/



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Change Grow Live

Provides support and assessments for families and individuals affected by addiction.

WestSussex.Firststep@cgl.org.uk
www.changegrowlive.org



 SCAN ME

Drinkaware

Provides Drinkchat and Drinkline for confidential advice about alcohol concerns.

0300 123 1110 (Mon–Fri 9am–2pm)
www.drinkaware.co.uk/advice/alcohol-support-services/chat-with-an-advisor



 SCAN ME

DrugFAM

Supports families affected by someone else's drug, alcohol, or gambling issues.

0300 888 3853 | Open daily 9am–9pm
www.drugfam.co.uk/active-addiction/



 SCAN ME

GamCare

Offers 24/7 support for anyone affected by gambling, including live chat and helpline.

0808 8020 133
www.gamcare.org.uk/get-support/talk-to-us-now/



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Kenward Trust

Runs weekly phone support sessions for families of people misusing substances.

confidential.advice@kenwardtrust.org.uk | 07597 040091
<https://kenwardtrust.org.uk/services/friends-and-family>



SCAN ME

NACOA (National Association for Children of Alcoholics)

Helps anyone affected by a parent's drinking, including adults.

helpline@nacoa.org.uk | 0800 358 3456
<https://www.nacoa.org.uk/>



SCAN ME

With You (formerly Addaction)

Provides confidential advice, online chat, and resources for families impacted by addiction.

www.wearewithyou.org.uk/help-and-advice/advice-friends-family/



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