

Extra helpings | More support and advice about

Addiction support

General Practitioner (GP) Surgery

Your GP Surgery may be able to refer you for support. Simply contact them direct. If you are not registered with a GP, call or email the surgery you would like to attend and ask to be registered as a patient.

River - Liverpool Drug and Alcohol Support Services

Offers a range of online and face-to-face support to adults and young people experiencing issues with drugs or alcohol.

 Garston Hub | 0151 706 7888

 4-12 St Mary's Road, Garston, L19 2RY, Liverpool

 City Centre Hub | 0151 706 7888

 The Foundry, 36 Henry Street, L1 5BS, Liverpool

 changegrowlive.org/liverpool

 liverpool.info@cgl.org.uk

NHS Drug and Alcohol Service

Helping people with drug and alcohol problems both in the community and as an inpatient.

 For drug misuse you can self-refer into
Brook Place | 0151 330 8260

 Brook Place, Orphan Drive, Tuebrook, Liverpool, L6 7UN

 For alcohol you can contact Liverpool Community Alcohol Service | 0151 471 7784

 merseycare.nhs.uk/alcohol-services

Sanctuary Family Support

Offers one-to-one support, advice, counselling, holistic therapies, relapse prevention and much more.

 0151 735 0747

 ruth@sanctuaryfs.org

 sanctuaryfs.com

Alcoholics Anonymous (AA)

Offers a recovery program based on one alcoholic helping another. Call or search online to find your nearest meeting place.

 0800 9177 650

 help@aamail.org

 alcoholics-anonymous.org.uk

More details overleaf >

Frank

Talk to Frank for honest facts, support and advice on drugs and alcohol.

 0300 123 6600

 talktofrank.com

GamCare

Offers support and treatment for anyone affected by gambling plus numerous resources, including online courses, chatrooms and the National Gambling Helpline.

 0808 8020 133

 gamcare.org.uk

Smokefree Liverpool

Face-to-face, over the phone or online, they offer expert advice and guidance on stopping smoking.

 Text QUIT1 to 61825 or call 0151 374 2535 |

 smokefreeliverpool.co.uk