

Useful Contacts and Websites

Families, drugs and alcohol

Help for families/carers of substance users

Families and Friends Network 0300 028 8888 (admin office 9-5 mon -fri. Wed 9-7)
Support for anyone affected by someone else's drug use or drinking in West Sussex.
www.carerssupport.org.uk

AlAnon 020 7403 0888
Confidential helpline for individuals affected by someone else's drinking.
www.al-anonuk.org.uk

Drinkline 0800 917 8282
Free national alcohol helpline.

Families Anon 0845 1200 660
Helpline for relatives and friends concerned about drug use.
www.famanon.org.uk

FRANK 0800776600
www.talktofrank.com
24 hour free national drugs helpline.



Courses for families/carers specific to caring for someone with a drug/alcohol problem

Action on Addiction – Families Plus 01747 830733
Find out about five day residential course for families coming to terms with a loved one's addiction.
www.actiononaddiction.org.uk

Families and Friends Network 0300 028 8888
Runs several courses for families and professionals related to drug and alcohol misuse. i.e. Keeping it in the family: How carers can influence recovery.
www.carerssupport.org.uk

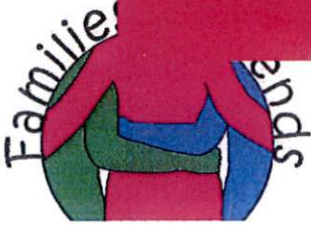
St John's Ambulance 01273 371540
Provides overdose first aid training to anyone caring for someone with a drug problem.
www.sja.org.uk

Counselling services for those affected by someone else's substance use

Emotional Support for Carers
0300 028 8888
One to one counselling for anyone affected by someone else's illness, including substance misuse.
www.carerssupport.org.uk

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Support for children affected by substance use in their family

Children of Addicted Parents (COAP)

Informative and interactive website for children affected by parental substance misuse.

www.coap.co.uk

National Association of Children of Alcoholics (NACOA) 0800 358 3456

Free phone helpline and advice line for both children and professionals.

www.nacoa.org.uk

www.parentsusingdrugs.org.uk

Website for children affected by their parents drug use.

www.thehideout.org.uk

A safe website for children affected by domestic violence.

www.winstonswish.org.uk 08452 03 04 05

The leading child bereavement charity and the largest provider of services to bereaved families in the UK.

Young Carers Team 01903 270300

The Young Carers Team offers individual and group support for young carers. Young carers are children and young people up to the age of 18 who care for or are impacted by the health needs of another family member, which includes people whom misuse drugs and alcohol. We offer support to the young person and work closely with the family. We have local groups meeting across West Sussex and in addition we also offer short-breaks through individual funding and by providing activity days in each school holiday.

www.westsussexcarers.org.uk/YoungCarers

Specialist Drug and Alcohol Services in West Sussex

West Sussex Integrated Drug and Alcohol Service

0300 303 8677 Open 9am to 8pm Mon – Fri and 9am – 5pm Saturday.

Provides a range of free and confidential services for adults with concerns about their use of drugs/alcohol

www.cri.org.uk

Young People's Substance Misuse

Service 0300 303 8677 Open 9am to 8pm Mon – Fri and 9am – 5pm Saturday.

One to one counseling and support for young people with serious and complex drug and alcohol problems, between the ages of 10 to 18 in West Sussex.

Information and advice to parents.

www.cri.org.uk

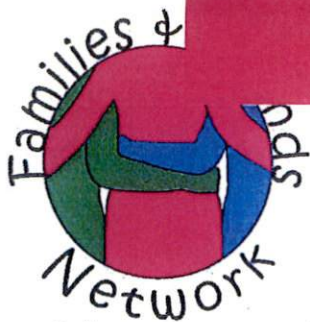
Mid Sussex Alcohol Project

01444 477522

A service to young people between the age of 10 to 18 where there are concerns relating to the misuse of alcohol.

www.cri.org.uk





Other support to families.

Benefits Advice Line 0800 882200

Disability helpline for people suffering with an illness (including substance misuse) and their carers. Offering advice and information.

www.direct.gov.uk

National Domestic Violence Helpline

0808 2000 247

Helpline for anyone affected by Domestic Violence/abuse. Including being abused, threatened, or physically or sexually assaulted by a partner, a former partner, or a family member. Harassment and financial control are also forms of domestic abuse.

www.womensaid.org.uk

Parentline Plus 0808 800 2222

www.parentlineplus.org.uk

Help for parents on all topics, including talking to your family.

www.parentlineplus.com

Grandparents Association 01279 428040

Help and advice on being a Grandparent including family rights.

www.grandparents-association.org.uk

Mental Health Helpline

0300 5000101

Support and information 24 hours a day to anyone with mental health problems, their carers and professionals in West Sussex.

www.mhhp.org.uk

Samaritans 08457 909090 jo@samaritans.org

24 hour emotional support.

www.samaritans.org

Victim Support 0845 3899 528

Support for victims of crime

Useful Contacts and Websites

Families, drugs and alcohol

Worthing Women's Aid 01903 231939

Aid for women affected by abuse. Open office hours.

www.womensaid.org.uk

Family Rights Group 0808 801 0366

A free phone advice line open Monday to Friday 10.00 to 3.30. Offers advice to family and friends carers, and to families with children who are involved with or require social care services. The website hosts a lively discussion forum for family and friends carers.

www.frg.org.uk

Offenders's Families Helpline

0808 808 20039.00am to 8.00pm Monday to Friday, and 10.00am to 3.00pm Saturday and Sunday Useful website and helpline for families of people committing crimes.

www.prisonersfamilieshelpline.org.uk

Parentchanneltv is a government funded website which aims to provide information for parents on a huge range of topics through short films. It really is excellent and the films are done by specialists in that particular area. Parents find it very useful and it enables them to explore answers to issues within their own home.

<http://www.parentchannel.tv/home>

Head Forward a guide to wellbeing resources in West Sussex and beyond.

www.head-forward.info



Other useful drink/drug related websites

<http://www.adfam.org.uk>

<http://www.thinkingdrugs.org>

<http://www.drugscope.org.uk>

<http://www.alcoholconcern.org.uk>

<http://www.alcoholdrugsandfamilies.nhs.uk>

<http://www.release.org.uk>

<http://www.bigwhitewall.com>

www.dontbottleitup.org.uk