

### **Alcohol and drugs help sheet**

Alcohol dependency or addiction can exhibit the following tendencies:-

- Strong sense of compulsion to drink
- Drinking shortly after waking
- Reduced capacity to control how often and how much they drink
- Lifestyle is organised around drinking

Drug addiction is a dependence on an illegal drug or medication. You may not be able to control the use of drugs despite any negative or dangerous effects. Addiction causes an intense craving for the drug and even if there is a desire to quit most people need help and support to do so. In both situations, help can come from your doctor, family, friends and specialised support groups. With the right help and support it is possible to get free of dependence on drugs or alcohol.

If you are coping with someone else's drug problem, it can be a lonely place and you can seek help from support organisations.

### **Advice and support**

#### **Frank**

A confidential helpline for straight-up, unbiased information about drugs or alcohol. Lines are open 24 hours a day. All calls from the UK are free.

- Tel: 0800 77 66 00
- Website: [www.talktofrank.com](http://www.talktofrank.com)

#### **Alcoholics Anonymous**

If you're having trouble with your drinking, you may be interested to know more about Alcoholics Anonymous. The confidential helpline is open 24 hours a day (calls charged at the local rate).

- Tel: 0845 769 7555
- Website: [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

#### **Bristol drug project**

An independent service offering accessible and confidential information, advice and counselling service to drug users, their friends and relatives. They also offer support for alcohol related issues.

- Tel : 0117 987 6000
- Website: [www.bdp.org.uk](http://www.bdp.org.uk)