

# Useful Addresses

## **Addaction**

67-69 Cowcross Street  
London EC1M 6PU  
Tel: 020 7251 5860  
Fax: 020 7251 5890  
Website: [www.addaction.org.uk](http://www.addaction.org.uk)  
E-mail: [info@addaction.org.uk](mailto:info@addaction.org.uk)

Addaction helps individuals and communities to manage the effects of drug and alcohol misuse and has over fifty projects in England within communities and prisons.

## **Adfam**

Waterbridge House  
32-36 Loman Street  
London SE1 0EH  
Tel: 020 7928 8898  
Open 10am - 5pm Monday-Friday, answering machine at all other times.  
National charity for families of drug users. Offers confidential support and information. Callers can ring as often as they need and Adfam will call people back if the cost of a call is a problem.  
Fax: 020 7928 8923  
Website: [www.adfam.org.uk](http://www.adfam.org.uk)  
E-mail: [admin@adfam.org.uk](mailto:admin@adfam.org.uk)

## **Adult Children of Alcoholics**

Tel: 020 7229 4587

A fellowship of men and women who have been raised in an alcohol environment and who need support.

## **African Caribbean Mental Health Association (ACMHA)**

49 Effra Road Suite 37  
Brixton  
London SW2 1BZ  
Tel: 020 7737 3603  
Fax: 020 17924 0126

The African Caribbean Mental Health Association comprises a community mental health centre that provides a wide range of care services to the black community. They also address the problem of racism in the care and treatment of black people.

## **Al-Anon Family Groups (UK and Eire)**

61 Great Dover Street  
London SE1 4YF  
Tel: 020 7403 0888 (Open 24 hours a day, 365 days a year)  
Website: [www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)

For families and friends of alcoholics. Al-anon Family Groups provide understanding, strength and hope to anyone whose life is, or has been, affected by someone else's drinking.

**Alcohol Concern**

Waterbridge House  
32-36 Loman Street  
London SE1 0EE  
Tel: 020 7928 7377  
Fax: 020 7928 4644  
E-mail: [contact@alcoholconcern.org.uk](mailto:contact@alcoholconcern.org.uk)  
Website: [www.alcoholconcern.org.uk](http://www.alcoholconcern.org.uk)

Alcohol Concern is the national agency on alcohol misuse. They work to reduce the incidence and costs of alcohol-related harm and to increase the range and quality of services available to people with alcohol-related problems. The Mental Health & Alcohol Misuse Project provides fact sheets, a newsletter and web pages to share good practice among clinicians and professionals. For more information contact Slade Carter ([scarter@alcoholconcern.org.uk](mailto:scarter@alcoholconcern.org.uk)).

**Alcoholics Anonymous**

Tel: 020 7352 3001 (Open 10am-10pm 7 days a week, 365 days a year)  
Website: [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

Alcoholics anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Out-of-hours answering machine. A.A. will return messages. Will provide a comprehensive list of private clinics around the country for drug, alcohol and other addictions on request.

**Association of Nurses in Substance Misuse**

PO Box 146  
Yelverton  
Tavistock PL20 7ZJ  
Tel: 0807 241 3503  
Website: [www.ansa.uk.net](http://www.ansa.uk.net)  
E-mail: [ansa@fsmail.net](mailto:ansa@fsmail.net)

ANSA welcomes all professionals who work in the area of substance abuse.

**British Association for Counselling and Psychotherapy**

BACP House  
35-37 Albert Street  
Rugby  
Warwickshire CV21 2SG  
Tel: 0870 443 5252  
E-mail: [bacp@bacp.co.uk](mailto:bacp@bacp.co.uk)  
Website: [www.bacp.co.uk](http://www.bacp.co.uk)

The British Association for Counselling and Psychotherapy provides training and a register of registered practitioners across the country

**CASA Multiple Needs Service**

75 Fortess Road  
London NW5 1AG  
Tel: 020 7428 5954  
Fax: 020 7428 5953

CASA was developed to address the gaps in service provision for people who experience mental health and substance misuse services. It adopts an holistic approach to these problems, working with the whole person and their presenting difficulties. The Multiple needs Service (MNS) has worked with clients in Islington and Camden since late 1995. It also offers specialist training nationally.

**Carers UK**

20-25 Glasshouse Yard  
London EC1A 4JS  
Tel: 020 7490 8818  
Carersline: 0345 573 369  
Fax: 020 7490 8824

Carers UK is the national voice of carers. They provide advice for carers across the UK.

**Chinese Mental Health Association**

Oxford House  
Derbyshire Street  
London E2 6HB  
Tel: 020 7613 11008 (9am-5.30pm Monday-Friday)  
Fax: 020 7729 0435

The Chinese Mental Health Association is a voluntary organisation and registered charity set up to help Chinese people who are sufferers of mental illness. The association aims to promote mental health education in the Chinese community and to raise awareness amongst the mainstream healthcare providers regarding Chinese mental health issues.

**Cocaine Anonymous**

Tel: 020 7284 1123 (Open 24 hours a day, 365 days a year)  
Website: [www.cauk.org.uk](http://www.cauk.org.uk)

Cocaine Anonymous is a fellowship of men and women who use the 12 step, self-help programme to stop using cocaine and all other mind-altering substances. There are meetings all over the country.

**Council for Involuntary Tranquilliser Addiction (CITA)**

Cavendish House  
Rooms 15 & 17  
Brighton Road  
Waterloo  
Liverpool L22 5NG  
Helpline: 0151 949 0102 (10am-1pm Monday-Friday)  
Fax: 0151 284 8324

CITA helps patients and families to cope with addiction to benzodiazepines and other prescribed drugs especially anti-depressants, and with withdrawal. In addition to the helpline, CITA has a list of self help groups across the country.

**Drinkline**

Freephone: 0500 801 802

Tel: 020 7332 0202 (Open 11am-11pm Monday-Friday, dial and listen service 24 hours a day)

Drinkline is the National Alcohol Helpline. They provide information and self-help materials, help to callers worried about their own drinking, support to the family and friends of people who are drinking and advice on where to get help.

**Drug and Alcohol Women's Network**

31 Great Sutton Street

London EC1V ODX

Tel: 020 7253 6221 Monday/Tuesday/Thursday 9.30am-5.30pm

Set up to help and support women working in the field of drugs and alcohol. The Greater London Association of Alcohol Services is also at the same address. This aims to create and support a network of alcohol services in London.

**DrugScope**

32 - 36 Loman Street

London SE1 0EE

Tel: 020 7928 1211

Fax: 020 7928 1771

Website: [www.drugscope.org.uk](http://www.drugscope.org.uk)

E-mail: [info@drugscope.org.uk](mailto:info@drugscope.org.uk)

DrugScope provides information and publications on a wide range of drug related topics. The information service is open from 10am-4pm Monday-Friday on 08707 743 682.

**FRANK (formerly the National Drugs Helpline)**

Freephone: 0800 77 66 00

Confidential, daily 24 hour service:

Website: [www.talktofrank.com](http://www.talktofrank.com)

Campaign from the Department of Health and the Home Office, supported by the DfES. Information and advice on drugs to anyone concerned about drugs and solvent/volatile substance misuse, including drug misusers, their families, friends and carers. Information and advice is available in several languages.

**Health Information Service**

Freephone: 0800 66 55 44

An information-only service, run by the NHS. 10am-5pm Monday-Friday, answering machine outside these hours. The service operates on a local basis. Calls are automatically routed to your nearest local office. A general health information service, but it provides details of addiction units and self-help groups around the country.

**Hearing Voices Network**

91 Oldham Street

Manchester M4 1LW

Tel: 0161 834 5768

Fax: 0161 228 3896

Website: [www.hearing-voices.org](http://www.hearing-voices.org)

The Hearing Voices Network offers information, support and understanding to people who hear voices and those that support them.

**JAMI**

Jewish Association for the Mentally Ill  
16a North End Road  
Golders Green  
London NW11 7PH  
Tel: 020 8458 2223  
Fax: 020 8458 1117  
Website: [www.mentalhealth-jami.org.uk/](http://www.mentalhealth-jami.org.uk/)

JAMI provides essential daycare, social work, counselling advice, information, and social activities for people suffering from severe mental health problems, their families and carers.

**Kaleidoscope Project**

40-46 Cromwell Road  
Kingston upon Thames  
Surrey KT2 6RE  
Tel: 020 8549 2681

In addition to a methadone maintenance and reduction service, needle exchange, day programme and recreation, counselling, crèche and detoxification unit, the Kaleidoscope Project runs professional training courses in drug awareness and education.

**Manic Depression Fellowship (MDF)**

Castle Works  
21 St. George's Road  
London SE1 6ES  
Tel: 020 7793 2600  
Fax: 020 7793 2639  
E-mail: [mdf@mdf.org.uk](mailto:mdf@mdf.org.uk)  
Website: [www.mdf.org.uk](http://www.mdf.org.uk)

The Manic Depression Fellowship works to enable people affected by manic depression to take control of their lives. It does this through supporting and developing self help opportunities for people affected by manic depression, providing an information service, influencing the improvement of treatments and services to promote recovery and tackling discrimination. It has a number of self help groups across the UK.

**MIND (National Association for Mental Health)**

Granta House,  
15-19 Broadway  
Stratford  
London E15 4BQ  
Tel: 020 8519 2122  
Help Line: Mind info-line: 020 8522 1728 / 0845 766 0163  
E-mail: [contact@mind.org.uk](mailto:contact@mind.org.uk)  
Fax: 020 8522 1725

Mind is a leading mental health charity in England and Wales, working for a better life for everyone with experience of mental distress. As well as printed information, Mind has a very comprehensive website offering advice, information and background briefings on a wide range of mental health issues and mental health problems (add including dual diagnosis).

**Mental Health Foundation**

7th Floor, 83 Victoria Street  
London SW1H 0HW  
Tel: 020 7802 0300  
Fax: 020 7802 0301  
Website: [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)  
E-mail: [mhf@mhf.org.uk](mailto:mhf@mhf.org.uk)

The Mental Health Foundation is a leading UK charity providing research and community projects to improve support for people with mental health problems and people with learning disabilities. It provides information on specific mental health problems, where to get help, treatment and rights.

**Narcotics Anonymous**

Tel: 020 7730 0009 (10am-10pm 365 days a year. Out of hours answering machine, calls will be returned)  
Website: [www.ukna.org](http://www.ukna.org)

NA is a fellowship of men and women for whom drugs had become a major problem. Using the 12 step self-help model recovering addicts meet regularly to help each other stay clean. They have meetings all over the country.

**National Asian Drinkline**

Tel: 0990 133480 (Counselling 1pm-8pm Monday-Friday, dial and listen service 24 hours a day, 365 days a year)

**National Association of Children of Alcoholics**

PO Box 64  
Fishponds  
Bristol BS16 2UH  
Freephone: 0800 358 3456 (Open 9am-5pm Monday-Friday. Out of hours answering machine. Calls will be returned)  
Fax: 0117 924 8005

The National Association for Children of Alcoholics offers advice, information and support to children of alcoholics. They also work with professionals who deal with children of alcoholics.

**National Institute for Mental Health in England (NIMHE)**

Blenheim House  
West One  
Duncombe Street  
Leeds LS1 4PL  
Tel: 0113 254 3811  
Website: [www.nimhe.org.uk](http://www.nimhe.org.uk)  
E-mail: [Ask@nimhe.org.uk](mailto:Ask@nimhe.org.uk)

NIMHE aims to improve the quality of life for people of all ages who experience mental distress. They help all those involved in mental health to implement positive change, provide a gateway to learning and development, offer new opportunities to share experiences and one place to find information. Through NIMHE's local development centres and national programmes of work (eg on dual diagnosis, personality disorder and women) they support staff to put policy into practice and to resolve local challenges in developing mental health.

**Overcount Drug Information Agency**

20 Brewery Street

Dumfries

Scotland DG1 2RP

Tel: 01387 770 404 (8am-9pm, answering machine at other times. All calls will be returned)

A unique agency offering information on over the counter drugs. Run by David Grieve, this is a free, independent and confidential service for anybody who fears that they may be addicted, or for friends and family wishing to know more about over the counter drugs.

**Release**

388 Old Street

London EC1V 9LT

Helpline: 020 7729 9904

Administration: 020 7729 5255

Legal and Drugs Helpline: 020 7729 9904 (10am-5.30pm, Monday-Friday)

Website: [www.release.org.uk](http://www.release.org.uk)

E-mail: [ask@release.org.uk](mailto:ask@release.org.uk)

Release is a national organisation committed to informing and advising the public about drugs, the law and human rights.

**Rethink severe mental illness**

30 Tabernacle Street

London EC2A 4DD

Tel: 0845 456 0455

Fax: 020 7330 9102

E-mail: [info@rethink.org](mailto:info@rethink.org)

Website: [www.rethink.org](http://www.rethink.org)

Carers' website: [www.rethinkcarers.org](http://www.rethinkcarers.org)

Rethink has more than 30 years experience of helping people affected by severe mental illness and their families recover a meaningful life. As well as running over 400 mental health services, they have a network of more than 120 support groups across the country.

**Rethink National Advice Service**

28 Castle Street

Kingston upon Thames

Surrey KT1 1SS

Tel: 020 8974 6814 (Mon, Wed, Fri 10am-3pm; Tues and Thurs 10am-1pm)

E-mail: [advice@rethink.org](mailto:advice@rethink.org)

The Rethink National Advice Service provides information and advice on all aspects of mental illness and issues affecting people with mental illness to people with mental illness, their carers, friends and family and professionals.

**Revolving Doors**

Unit 29, The Turnmill  
63 Clerkenwell Road  
London EC1M 5NP  
Tel: 020 7253 4038  
Fax: 020 7553 6079  
Website: [www.revolving-doors.co.uk](http://www.revolving-doors.co.uk)

Revolving Doors Agency is the UK's leading charity concerned with mental health and the criminal justice system. It runs practical schemes in police stations, prisons and courts to support people who have "fallen through the net" of mainstream services. It uses this experience to provide project development support to other agencies and to conduct research and policy work at local and national level.

**Sainsbury Centre for Mental Health**

134-138 Borough High Street  
London SW1 1LB  
Tel: 020 7403 8790  
Fax: 020 7403 9482  
Website: [www.scmh.org.uk](http://www.scmh.org.uk)

The Sainsbury Centre for Mental Health is a charity that works to improve the quality of life for people with severe mental health problems. It carries out research, development and training work to influence policy and practice in health and social care.

**SANE**

1st Floor, Cityside House  
40 Adler Street  
London E1 1EE  
Tel: 020 7375 1002  
Fax: 020 7375 2162  
SANELINE: 0845 767 8000

SANE is one of the UK's leading charities concerned with improving the lives of everyone affected by mental illness.

**Survivors Speak Out**

34 Osnaburgh Street  
London NW1 3ND  
Tel: 020 7916 6991

Survivors Speak Out is a nationwide organisation for people who are defined psychiatric system survivors. This is a campaigning organisation trying to bring change through survivor contact and empowerment, by putting people in touch with each other.

**Tasha**

(Tranquillisers, Anxiety, Stress, Help Association)  
Tel: 020 8560 6601 (6pm-12am only, 365 days a year)  
Website: [www.tasha-foundation.org.uk](http://www.tasha-foundation.org.uk)

The TASHA foundation provide confidential information, support, training and counselling to individuals affected by mental health difficulties and problematic benzodiazepine usage.

**Turning Point**

New Loom House  
101 Back Church Lane  
London E1 1LU  
Tel: 020 7702 2300  
Website: [www.turning-point.co.uk](http://www.turning-point.co.uk)  
E-mail: [info@turning-point.co.uk](mailto:info@turning-point.co.uk)

Turning Point is the UK's leading social care charity providing services for people with complex needs across a range of health and disability issues primarily substance misuse, mental health and learning disability. It has residential and community-based services in 200 locations in England and Wales. Turning Point provides services for people with concurrent mental health and substance misuse problems.

**UK Council for Psychotherapy**

United Kingdom Council for Psychotherapy  
167-169 Great Portland Street  
London W1W 5PF  
Tel: 020 7436 3002  
Fax: 020 7436 3013  
Website: [www.psychotherapy.org.uk](http://www.psychotherapy.org.uk)  
E-mail: [ukcp@psychotherapy.org.uk](mailto:ukcp@psychotherapy.org.uk)

The UKCP promotes psychotherapy for the public benefit, research and education in psychotherapy its dissemination as well as protection of the public through high standards of training and practice in psychotherapy. They publish the National Register of Psychotherapists annually and only psychotherapists who meet the training requirements and abide by its ethical guidelines are included.

**Young Minds (Children's Mental Health Charity)**

2nd Floor, 102/8 Clerkenwell Rd  
London EC1M 5SA  
Tel: 020 7336 8445  
Helpline: (Parents' information service) 0800 018 2138  
Fax: 020 7336 8446  
Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)  
E-mail: [enquiries@youngminds.org.uk](mailto:enquiries@youngminds.org.uk)

Young Minds is the national charity committed to improving the mental health of all children and young people.