



## Resource pack for Considering Addiction and Suicide Prevention

| Service                                       | Website   | Email  | Phone #                                   | Borough/Area                      | Description   |
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| Addiction Recovery and Clinical Centre (ARCC) | <a href="https://www.brent.gov.uk/neighbourhoods-and-communities/community-directory/addiction-recovery-and-clinical-centre-arcc">https://www.brent.gov.uk/neighbourhoods-and-communities/community-directory/addiction-recovery-and-clinical-centre-arcc</a> |  | 0208 438 1777                             | Brent                             | Adult drug and alcohol service for 18+. Structured intensive outpatient detoxification and recovery programme 3-9 months          |
| EACH Counselling                              | <a href="https://eachcounselling.org.uk/">https://eachcounselling.org.uk/</a>   | <a href="mailto:brent@eachcounselling.org.uk">brent@eachcounselling.org.uk</a>         | 020 8961 8623                             | Brent                             | EACH Ealing offers an abstinence based, structured programme to people concerned about their alcohol or drug use.                 |
| Elev8 (under 25)                              |   | <a href="mailto:elev8@viaorg.uk">elev8@viaorg.uk</a>                                   | 0300 303 4547                             | Brent                             | Support young people (up to age 25) who want help with their drug and/or alcohol use, or are struggling with their mental health. |
| New Beginnings                                | <a href="https://www.viaorg.uk/services/brent-new-beginnings/">https://www.viaorg.uk/services/brent-new-beginnings/</a>   | <a href="mailto:brent@viaorg.uk">brent@viaorg.uk</a>                                   | 0300 303 4611 or 0800 107 1754 - 24 hours | Brent                             | Provide free and confidential advice, care and support for people in Brent aged 18+.  |
| Westminster Drug Project                      | <a href="#">How we can help - via (viaorg.uk)</a>   |  | 020 7421 3100                             | Westminster                       | Now called Via. We deliver expert-led services that provide care, support, education and training.                                |
| Smart Muscle                                  | <a href="https://www.talktofrank.com/treatment-centre/smart-muscle">https://www.talktofrank.com/treatment-centre/smart-muscle</a>   | <a href="mailto:smart.muscle@turning-point.co.uk">smart.muscle@turning-point.co.uk</a> | 020 7437 3525                             | Westminster, Kensington & Chelsea | A confidential drop in service for people using or considering using performance and image enhancing drugs.                       |
| Turning Point (DAWS)                          | <a href="https://www.turning-point.co.uk/services/daws">https://www.turning-point.co.uk/services/daws</a>   | <a href="mailto:daws@turning-point.co.uk">daws@turning-point.co.uk</a>                 | 0330 303 8080                             | Westminster, Kensington & Chelsea | A large alcohol treatment service provider charity. It has a postcode function of its services.                                   |



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| Wilfrid's house            | <a href="https://wilfridshouse.org/">https://wilfridshouse.org/</a>   | <a href="mailto:info@wilfridshouse.org">info@wilfridshouse.org</a>                       |  | Kensington & Chelsea   | Affordable counselling  |
| Change Grow Live           | <a href="https://www.changegrowlive.org/">https://www.changegrowlive.org/</a>   | <a href="mailto:thealcoholservice.info@cgl.org.uk">thealcoholservice.info@cgl.org.uk</a> | 0800 0147 440  | Kensington & Chelsea, Westminster, Hammersmith & Fulham                | A large alcohol treatment service provider charity. It has a postcode search function of its services   |
| Club Drug Clinic           | <a href="https://www.clubdrugclinic.cnwl.nhs.uk/">https://www.clubdrugclinic.cnwl.nhs.uk/</a>                                       | <a href="mailto:clubdrugclinic.cnwl@nhs.net">clubdrugclinic.cnwl@nhs.net</a>             | 020 3317 3000  | Kensington & Chelsea, Hammersmith & Fulham, Westminster                | Free, confidential NHS service supporting people who want to change the way they are using recreational drugs.  |
| Insight RBKC & Westminster | <a href="https://insightyoungpeople.org.uk/our-services/insight-kc/">https://insightyoungpeople.org.uk/our-services/insight-kc/</a> | <a href="mailto:insight@humankindcharity.org.uk">insight@humankindcharity.org.uk</a>     | 020 8960 5510  | Kensington & Chelsea   | provide information, advice and help to young people between the ages of 12 – 25 who are living with or affected by drug or alcohol issues.   |
| Build on Belief            | <a href="https://www.buildonbelief.org.uk/">https://www.buildonbelief.org.uk/</a>   | <a href="mailto:bob@buildonbelief.org.uk">bob@buildonbelief.org.uk</a>                   | - Tim Sampey 077 3979 6054 - Ani Hohmann 075 9704 6433 | Kensington & Chelsea, Ealing, Hammersmith & Fulham, Harrow, Hillingdon | Designing, implementing and running weekend services for people who are struggling with, or are in recovery from their substance use; namely drugs and alcohol                                  |
| Mind - Safe Space          | <a href="https://www.safe-space.org.uk/">Safe Space - Hammersmith, Fulham, Ealing and Hounslow Mind (hfehmind.org.uk)</a>           | <a href="mailto:enquiries@hfehmind.org.uk">enquiries@hfehmind.org.uk</a>                 | 0208 571 7454  | Hammersmith, Fulham, Ealing and Hounslow                               | Safe Space is a local hub for anyone who feels they are nearing crisis point, including carers. Safe Space is a local hub for anyone who feels they are nearing crisis point, including carers. |



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| The Upper Room                                  | <a href="https://theupperroom.org.uk/">https://theupperroom.org.uk/</a>   | <a href="mailto:ur4meals@theupperoom.org.uk">ur4meals@theupperoom.org.uk</a>   | <a href="tel:02087405688">020 8740 5688</a>   | Hammersmith & Fulham                   | Homeless charity in West London providing meals, job support, counselling & driving licences for ex offenders  |
| Wellbeing West London                           | <a href="https://www.wellbeingwestlondon.org.uk/">Wellbeing West London</a>   | <a href="mailto:signposting@hfehmin.d.org.uk">signposting@hfehmin.d.org.uk</a> | 0208 571 7454                                 | Hammersmith & Fulham, Ealing, Hounslow | A directory of support services across Hammersmith, Fulham, Ealing and Hounslow  |
| Recovery Intervention Services Ealing (RISE)    | <a href="https://www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse/recovery-intervention-services-ealing-rise-central-hub">https://www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse/recovery-intervention-services-ealing-rise-central-hub</a> | <a href="mailto:ealing.rise@nhs.net">ealing.rise@nhs.net</a>                   | 020 8567 4772 or 0800 195 8100 (24 hour line) | Ealing                                 | a community service provided in partnership by CGL, Build-on-Belief (BOB) and CNWL as a free and confidential service for people who live in the London Borough of Ealing.   |
| EACH Counselling                                | <a href="https://eachcounselling.org.uk/substance-misuse/">https://eachcounselling.org.uk/substance-misuse/</a>   | <a href="mailto:info@eachcounselling.org.uk">info@eachcounselling.org.uk</a>   | 020 8577 6178                                 | Ealing                                 | EACH Ealing offers an abstinence based, structured programme to people concerned about their alcohol or drug use.  |
| ARCH Hillingdon                                 | <a href="https://archhillington.org/">https://archhillington.org/</a>   | <a href="mailto:arch.hillingdon@nhs.net">arch.hillingdon@nhs.net</a>           | <a href="tel:02038387850">0203 838 7850</a>   | Hillingdon                             | This free and confidential service is available to young people and adults who live or are registered with a GP in Hillingdon!   |
| Compass Young People's Substance Misuse Service | <a href="https://www.compass-uk.org/services/harrow-young-peoples-substance-misuse-service/">https://www.compass-uk.org/services/harrow-young-peoples-substance-misuse-service/</a>   | <a href="mailto:adminharrow@compass-uk.org">adminharrow@compass-uk.org</a>     | 020 8861 2787                                 | Harrow                                 | A free, confidential service for children and young people who need support around their own or another person's drug or alcohol (substance) use. Young people under 18 years of age can be referred to us and we can then work with them up to the age of 24. |



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| WDP Harrow Adult Substance Misuse           | <a href="https://www.wdp.org.uk/find-us/london/harrow-0">https://www.wdp.org.uk/find-us/london/harrow-0</a>   | <a href="mailto:harrow@wdp.org.uk">harrow@wdp.org.uk</a>                   | 0300 303 2868 | Harrow       | Our service is free and open to all Harrow residents aged 18 or over, as well as their families and carers. Any professional, such as housing support worker, social worker or nurse, can make the referral on your behalf. You can also visit our service in person or contact us by phone.                    |
| Via   | <a href="https://www.viaorg.uk/services/harrow/">https://www.viaorg.uk/services/harrow/</a>   | <a href="mailto:harrow@viaorg.uk">harrow@viaorg.uk</a>                     | 0300 303 2868 | Harrow       | Provide free and confidential advice, care and support for people in Harrow aged 18+.   |
| Addiction Recovery Community (ARC) Hounslow | <a href="https://www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse/arc-hounslow">https://www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse/arc-hounslow</a> | <a href="mailto:cnw-tr.archounslow@nhs.net">cnw-tr.archounslow@nhs.net</a> | 0189 548 8675 | Hounslow     | A free and confidential service for people living in Hounslow   |
| Alcoholics Anonymous                        | <a href="https://www.alcoholics-anonymous.org.uk/">https://www.alcoholics-anonymous.org.uk/</a>   | <a href="mailto:help@aamail.org">help@aamail.org</a>                       | 0800 9177650  | All boroughs | AA is concerned solely with the personal recovery and continued sobriety of individual alcoholics who turn to the Fellowship for help.  |
| SMART Recovery                              | <a href="#">About Online Meetings - UK SMART Recovery</a>   |  | 0330 053 6022 | All boroughs | SMART holds both face-to-face and online meetings which support people in managing harmful addictive behaviour. The SMART Recovery Programme helps individuals and family members of those who are struggling. They also have women's only meetings and those specifically for members of the LGBTQ+ community. |
| Families Anonymous                          | <a href="https://www.famanon.org.uk">https://www.famanon.org.uk</a>   | <a href="mailto:office@famanony.org.uk">office@famanony.org.uk</a>         | 020 7498 4680 | All boroughs | Families Anonymous is a world-wide fellowship of family members and friends affected by another's abuse of mind-altering substances, or related behavioural problems.   |



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| Talk to Frank                            | <a href="https://www.talktofrank.com">https://www.talktofrank.com</a>                             | <a href="mailto:frank@talktofrank.com">frank@talktofrank.com</a>   | 0300 123 6600 | All boroughs | Information and advice about Drugs  |
| Drinkline                                | <a href="#">Get help now   Alcohol Change UK</a>  |  | 0300 123 1110 | All boroughs | , a free, confidential helpline for people who are concerned about their drinking, or someone else's. Call 0300 123 1110 (weekdays 9am–8pm, weekends 11am–4pm)  |
| AL-ANON                                  | <a href="#">Al-Anon UK   For families &amp; friends of alcoholics</a>                             |  | 0800 0086 811 | All boroughs | Al-Anon Family Groups UK & Eire is there for anyone whose life is or has been affected by someone else's drinking.  |
| Nacoa                                    | <a href="http://www.nacoa.org.uk/">http://www.nacoa.org.uk/</a>                                   | <a href="mailto:helpline@nacoa.org.uk">helpline@nacoa.org.uk</a>   | 0800 358 3456 | All boroughs | support anyone affected by their parent(s) drinking, including adults   |
| UKNA - Narcotics Anonymous               | <a href="#">Welcome to UKNA   UKNA   Narcotics Anonymous in the United Kingdom</a>                |  |               | All boroughs | NA exists solely so that its members can support each other to stay drug free and to help others achieve and maintain a drug free recovery and lifestyle  |
| The Samaritans                           | <a href="#">Samaritans   Every life lost to suicide is a tragedy   Here to listen</a>             | <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>   | 116123        | All boroughs | 24/7 helpline providing compassion and support  |
| Drink and Drugs News Addiction Directory | <a href="#">Addiction Treatment Directory - Drink and Drugs News</a>                              |  |               | All boroughs | This directory contains listings for alcohol support services in England, Scotland, and Wales, including residential detox and rehabilitation treatment, programmes for young people, and supported living accommodation. |
| The Wellbeing and Recovery College       | <a href="#">Wellbeing &amp; Recovery College :: West London NHS Trust</a>                         | <a href="mailto:bookings.recoverycollege@westlondon.nhs.uk">bookings.recoverycollege@westlondon.nhs.uk</a> | 020 8483 1456 | West London  | Free online and in person courses in West London  |
| West London learning                     | <a href="https://www.westlondon.nhs.uk/professiona">https://www.westlondon.nhs.uk/professiona</a> |  |               | West London  | Support learning and development for colleagues in our partner organisations to   |



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|                    | <a href="#">Is/west-london-learning</a>  |  |               |                 | increase their understanding of how to provide safe and effective care   |
| I need help now    | <a href="#">I need help now (westlondon.nhs.uk)</a>  |  | 0800 328 4444 | West London     | Help in a mental health crisis or emergency with 24 hour helpline  |
| NextMeal           | <a href="https://nextmeal.co.uk/">https://nextmeal.co.uk/</a>                              |  |               | Online resource | A list of all the food charities in any area using a postcode search   |
| Hub of Hope        | <a href="#">Mental Health Support Network provided by Chasing the Stigma   Hub of hope</a> |  |               | Online resource | A directory of support services.   |
| MECC link          | <a href="#">MECC Link</a>  |  |               | Online resource | Signposting website by concern and borough   |
| Dual Diagnosis Hub | <a href="#">Dual Diagnosis Hub   Dual Diagnosis Recovery Resources for All</a>             | <a href="mailto:hello@dualdiagnosis.org.uk">hello@dualdiagnosis.org.uk</a> | 0754 599 0335 | Online resource | We develop & signpost online information, tools, support groups, and resources for people with dual diagnosis – a co-occurring mental health and addiction issue |