

Mutual Aid Groups

Support Group	Description	Confidential Helpline	Email	Website
Alcoholics Anonymous	A community programme designed to encourage abstinence from alcohol using group support	0845 769 7555	help@alcoholics-anonymous.org.uk	www.alcoholics-anonymous.org.uk
Al-Anon	Group support for anyone whose life is, or has been, affected by someone else's drinking	020 7403 0888	enquiries@al-anonuk.org.uk	www.al-anonuk.org.uk
Narcotics Anonymous	Narcotics Anonymous is a non-profit fellowship of recovering addicts who meet regularly to help each other stay clean	0300 999 12 12	NAHelpline@ukna.org	www.ukna.org