

Drug and Alcohol Support

If anything on this factsheet is unclear, or you're in need of further support, please don't hesitate to contact the Oxfordshire Mind Information Line on 01865 247 788, or info@oxfordshiremind.org.uk

Local Services (for Oxfordshire)

Turning Point Oxfordshire (<https://www.turning-point.co.uk/services/oxfordshire>)

A county-wide integrated alcohol and drugs service offering support to individuals throughout Oxfordshire at full-time dedicated recovery hubs. These hubs are in Oxford, Banbury, Didcot and Witney (see below).

Telephone: 01865 261 690 (9am – 5pm Monday – Thursday, 9am – 4.30pm Friday).

Online contact and screening form: https://tp-opa.custhelp.com/tp_opa/owda/1/investigate/STEP%20Self%20Contact%20Live/en-US/ScreenOrder~Main~qs%24b8188f96-0fd8-40c2-b5f3-57d13772bb22%24global%24global

Professional referral: https://tp-opa.custhelp.com/tp_opa/owda/3/investigate/Professional%20Referral/en-US/ScreenOrder~Main~qs%24cf63214e-894c-4279-bc1a-cd1da1a35af5%24global%24global

Oxford Hub: Turning Point Oxford, Rectory Road, Oxford, OX4 1BU. Call them on 01865 261 690.

Banbury Hub: Turning Point Banbury, Banbury Health Centre, 58 Bridge Street, Banbury, OX16 5QD. Call them on 01295 225 544.

Witney Hub: Turning Point Witney, Marlborough House, Marlborough Lane, Witney, Oxon, OX28 6DY. Call them on 01993 849 405.

Didcot Hub: Turning Point Didcot, The Glass Tower, 6 Station Road, Orchard Centre, Didcot, Oxon, OX11 7LL. Call them on 01235 514 360.

Consulting Your GP

A good place to start is with your GP. Be honest with them about how much you drink and/or consume drugs. When it comes to alcohol, UK medical authorities advise both men and women:

- not to drink more than 14 units per week on a regular basis;
- to spread your drinking over 3 or more days if you do regularly consume as much as 14 units per week.

If you need help understanding alcohol units, see <https://www.nhs.uk/live-well/alcohol-support/calculating-alcohol-units/>

Aquarius (<https://aquarius.org.uk/our-services/young-peoples-services/oxfordshire-yp/>)

Aquarius' Oxfordshire Young People's service provides free, confidential and non-judgemental information, advice and prevention campaigns to raise awareness of substance misuse.

They support children and young people from ages 5-19 (up to 25 in special circumstances) who use substances, are affected by another person's use of substances, or are at high risk of using substances themselves.

Telephone: 07950 301 426.

Email: ypoxfordshire@aquarius.org.uk

Alcohol and Drug Addiction Treatment in Oxfordshire (<https://www.ukat.co.uk/rehab/drug-alcohol-rehab-oxfordshire/>)

Information about addiction treatment and support services in Oxfordshire, including the Banbury Lodge (<https://www.banburylodge.com/>), a state-of-the-art drug rehab & alcohol rehab centre.

Please note: some of the services advertised on these pages require payment.

Telephone: 0808 239 1871.

National Services

Please note: many of the following national services offer support local to Oxfordshire. Please read on for more details.

Rehab 4 Addiction (<https://www.rehab4addiction.co.uk/>)

Rehab 4 Addiction was founded to assist those affected by substance misuse and their loved ones. They offer a range of services and help signpost you to the most effective treatments. This includes alcohol rehab, drug rehab, detox services, intervention, aftercare and outpatient counselling. Their helpline advisors are committed to helping you in your quest to locate effective treatments for addiction.

Telephone (free): 0800 140 4690.

Email: info@rehab4addiction.co.uk

Online contact form: <https://www.rehab4addiction.co.uk/contact-us>

You can also ask Rehab 4 Addiction about their services in Oxfordshire, including residential clinics. See <https://www.rehab4addiction.co.uk/country-wide/drug-alcohol-rehab-oxfordshire>

Please note: some of these local services require payment.

NHS Better Health (<https://www.nhs.uk/better-health/drink-less/>)

Healthy changes start with little changes. Whether you want to lose weight, get active or quit smoking, Better Health is here with lots of free tools and support.

Follow the link above for support on cutting down or eliminating your drinking.

Take this free health quiz to see how you score, and to start the fightback to a healthier you: <https://www.nhs.uk/oneyou/how-are-you-quiz/>

Drinkaware (<https://www.drinkaware.co.uk/>)

Drinkaware provides independent alcohol advice, information and tools to help people make better choices about their drinking.

They have a **free, confidential helpline** for people who are concerned about their drinking, or someone else's: 0300 123 1110 (weekdays 9am–8pm, weekends 11am–4pm).

Other means of contact, including a **free online chat service**, are listed here:

<https://www.drinkaware.co.uk/advice/alcohol-support-services>

Alcoholics Anonymous Great Britain (<https://www.alcoholics-anonymous.org.uk/>)

AA is an organisation of people who share their experiences with each other hoping to solve their problems and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking.

Telephone (free): 0800 917 7650.

Email: help@aamail.org

Live chat available via website.

AA's website also allows you to search for local support groups.

UK Narcotics Anonymous (<https://ukna.org/>)

'We are Narcotics Anonymous in the United Kingdom & Channel Islands. If you have a problem with drugs, we are recovering drug addicts who can help you get and stay clean.'

Telephone: 0300 999 1212 (10am – midnight, 7 days a week).

Email: pi@ukna.org

You can also search for local support groups, both online and face-to-face, via the UKNA website: <https://meetings.ukna.org/>

Al-Anon Family Groups UK & Eire (<https://www.al-anonuk.org.uk/>)

Al-Anon Family Groups UK & Eire is there for anyone whose life is, or has been, affected by someone else's drinking.

Telephone (free): 0800 0086 811 (10am – 10pm, 7 days a week). Please do **not** leave a message, as to ensure callers' confidentiality, Al-Anon are unable to return calls.

Email: see <https://www.al-anonuk.org.uk/send-an-email/>

Find a meeting local to you: <https://www.al-anonuk.org.uk/find-a-meeting/>

DrugFAM (<https://www.drugfam.co.uk/>)

DrugFam's mission is to support people affected by, or bereaved from, another person's harmful use of alcohol, drugs, substances, or gambling, including family, friends and colleagues.

Telephone: 0300 888 3853 (9am – 9pm, 7 days a week, 365 days a year).

Email: see <https://www.drugfam.co.uk/contact/>

National Association for the Children of Alcoholics (<https://nacoa.org.uk/>)

Providing information, advice and support for everyone affected by a parent's drinking.

Telephone (free): 0800 358 3456.

Email: helpline@nacoa.org.uk

Instant chat available via website.

FRANK (<https://www.talktofrank.com/>)

National drugs awareness site for young people and parents/carers.

Telephone: 0300 123 6600 (24 hours a day, 7 days a week).

Text: 82111.

Email: see <https://www.talktofrank.com/contact>

Live chat: <https://www.talktofrank.com/livechat> (2pm - 6pm, 7 days a week).

Release (<https://www.release.org.uk/about>)

Release is the national centre of expertise on drugs and drugs law. The organisation, founded in 1967, is an independent and registered charity.

Their team provides free non-judgmental, specialist advice and information to the public and professionals on issues related to drug use and drug laws.

Telephone: 020 7324 2989 (11am – 1pm & 2pm – 4pm weekdays).

Email: ask@release.org.uk

Web form available via <https://www.release.org.uk/helpline>

We Are With You (<https://www.wearewithyou.org.uk/>)

Get free, confidential support online with alcohol, drugs or mental health.

I need some advice for myself: <https://www.wearewithyou.org.uk/help-and-advice/advice-you/>

I'm worried about someone else: <https://www.wearewithyou.org.uk/help-and-advice/advice-friends-family/>

Addiction Recovery Apps

Recovery apps provide convenient and practical tools to help you in the recovery process. They can help you to track sober time, manage triggers and emotions, find and share meetings, contact your sponsor discretely, receive daily inspiration and more. Most of the following apps are available for iOS (Apple) and/or Android phones and devices.

https://www.addictionrecoveryguide.org/resources/mobile_apps

<https://www.healthline.com/health/addiction/top-alcoholism-iphone-android-apps>

<https://dualdiagnosis.org/apps-for-addiction-recovery-and-mental-health/>

<https://www.addictioncampuses.com/alcohol/apps-for-recovery/>