

DRUG AND ALCOHOL SUPPORT

Wellbeing Cloud Oxfordshire Roads to Recovery - Turning Point

A county-wide integrated alcohol and drugs service offering support to individuals throughout Oxfordshire at full-time dedicated recovery hubs. The location of the service hubs is: Oxford, Banbury, Didcot, Witney and Bicester.

All non-essential face to face support (groupwork, social activities, drop-ins etc) have been suspended at this time. However, they continue to provide one to one sessions over the phone and continue to accept new referrals.

Check the website for opening times for the phone lines for each wellbeing hub.

- **Oxford Hub:** Turning Point Oxford, Rectory Road, Oxford, OX4 1BU
Telephone: 01865 261 690
Fax: 01865 261 699
- **Didcot Hub:** Turning Point Didcot, The Glass Tower, 6 Station Road, Didcot, OX11 7LL
Telephone: 01235 514 360
Fax: 01235 514 369
- **Banbury Hub:** Turning Point Banbury, Banbury Health Centre, 58 Bridge Street, Banbury, OX16 5QD
Telephone: 01295 225 544
- **Witney Hub:** Turning Point Witney, Marlborough House, Marlborough Lane, Witney, OX28 6DY
Telephone: 01993 849 405
Fax: 01993 849 491

You can also contact them via email and browse their website:

Email: Oxfordshire@turning-point.co.uk

Secure Email: turningpoint.oxon@nhs.net

Website: <http://wellbeing.turning-point.co.uk/oxfordshire/>

GP

A good place to start is with your GP. Be honest with them about how much you drink. The alcohol limit for men has been lowered to be the same as for women. The UK's Chief Medical Officer (CMO) guideline for both men and women is that:

- You are safest not to drink regularly more than 14 units per week. This is to keep health risks from drinking alcohol to a low level.
- If you do drink as much as 14 units a week it is best to spread this evenly across the week.

'One You' Public Health England

'One You' is a Public Health England initiative to help you get back to a healthier you. It provides tools, support and encouragement every step of the way to help improve your health right away.

Visit: <https://www.nhs.uk/oneyou/for-your-body/drink-less/>

Drinkaware

Free, confidential helpline for people who are concerned about their drinking, or someone else's.

Free Helpline: 0300 123 1110 (**Weekdays**- 9am- 8pm, **Weekends** 11am- 4pm)

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

Addaction

A UK wide treatment agency, helping individuals, families, and communities to manage the effects of drug and alcohol misuse and mental health support.

Visit: www.addaction.org.uk

To access free online chat service:

<https://www.wearewithyou.org.uk/services/?query=Oxfordshire>

For young people in Oxfordshire:

Young Addaction

Young Addaction is the drug and alcohol treatment service for young people in Oxfordshire. Young Addaction provide a confidential service for young people needing information, advice, support or treatment. Young Addaction also offer support and advice to young people affected by other people's drug and alcohol use.

Visit: <http://www.oxfordshiredaat.org/youngpeople/>

Telephone: 01235 468405

Email: oxfordshire@addaction.org.uk

For other adults in Oxfordshire:

Oxfordshire Drug and Alcohol Action Team

Commissioning drug and alcohol treatment and support services for young people, adults, families and carers throughout Oxfordshire.

The Oxfordshire Drug and Alcohol Action Team (DAAT) website is designed to assist you in gaining access to a variety of sources of information about drugs and alcohol. This website contains information and contact details for drug and alcohol treatment and support services in Oxfordshire as well as links to health organisations such as the NHS, Partnership With Parents, the Snoring Mouthpiece Review and the City of Oxford.

Visit: <http://www.oxfordshiredaat.org/>

Telephone: 01865 328607.

For information on drug and alcohol services, call: 01865 403261

Alcoholics Anonymous Great Britain

AA is an organisation of men and women who share their experience 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.

National Free Helpline: 0800 9177 650

Email: help@aamail.org

Visit: www.alcoholics-anonymous.org.uk

Al-Anon

Al-Anon is worldwide and offers support and understanding to the families and friends of problem drinkers.

Helpline: 0800 0086 811

Visit: www.al-anonuk.org.uk

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

Face to face support for AA and Al-Anon have been suspended for the time being.

DrugFam

DrugFAM's primary purpose is to provide a lifeline to families, friends and partners affected by someone else's addiction to drugs and/or alcohol and those who have been bereaved by substance misuse. They aim to ensure that those who turn to them are listened to, understood and supported. They believe passionately that no-one should struggle with the stigma from a wider society or be left in isolation, fear and ignorance of where to find support.

They have a free helpline offered for those affected by someone else's drug or alcohol use, including those bereaved by addiction.

Telephone: 0300 888 3853

Visit: <https://www.drugfam.co.uk/>

Email them via this link: <https://www.drugfam.co.uk/contact-us/>

National Association for Children of Alcoholics (NACOA)

Information, advice, and support to children of alcohol-dependent parents and people concerned with their welfare through a free and confidential telephone and email helpline.

Helpline: 0800 358 3456 (Open Monday-Saturday 2pm-7pm)

Email: helpline@nacoa.org.uk

Website: www.nacoa.org.uk

Talk to Frank

National drugs awareness site for young people and parents/carers. Offers guidance on how drinking and taking drugs can impact on you during the coronavirus lockdown.

Telephone: 0300 123 6600 (24 hours a day, 365 days a year)

Email: Via

website

Text: 82111 Text a question and FRANK will text you back

Live Chat: Have a friendly, confidential chat online from 2pm- 6pm on any day of the week

Website: www.talktofrank.com

Narcotics Anonymous

Non-profit fellowship/society of men and women for whom drugs had become a major problem. They are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only ONE requirement for membership, the desire to stop using.

The face of their fellowship is changing due to Coronavirus. Face to face meetings are prohibited for the moment.

Alternative meeting resources are listed below:

Setting up UNKA Online Meetings: <https://online.ukna.org/>

Zoom Guidance: <https://www.ukna.org/page/ukna-zoom-guidance>

Online Meeting Guidance: <https://www.ukna.org/page/ukna-online-meeting-guidance>

UKNA Online Meetings: <https://ukna.org/online>

Virtual NA: <https://virtual-na.org/>

Helpline: 0300 999 1212 (Open 10am-Midnight)

Release

Drugs helpline that also provides legal advice on drug issues and advice on the effect drugs have on the Coronavirus and how to keep yourself safe. Through their services, the team provides free non-judgmental, specialist advice and information to the public and professionals on issues related to drug use and to drug laws.

Telephone: 020 7324 2989 11am-1pm and 2pm-4pm, Monday to Friday

Email: ask@release.org.uk

Website: <https://www.release.org.uk/>

Rehab 4 Addiction

Free drug and alcohol addiction helpline. Rehab 4 Addiction is run by Oliver Clark. Oliver has been in recovery for over 20 years, and he will be happy to help anyone who needs his assistance.

Telephone: 0800 140 4690

Website: www.rehab4addiction.co.uk

Email: info@rehab4addiction.co.uk

Virtual resources during the Lockdown and Coronavirus:

<https://www.rehab4addiction.co.uk/coronavirus/virtual-resources-recovery-coronavirus>

Addiction Recovery Apps – Recovery Apps provide convenient and practical tools to help you in the recovery process. They can help you track sober time, manage triggers and emotions. Also, find and share meetings, contact your sponsor discretely, receive daily inspirations and more. All are available for the iPhone/iPad and some are available for Google Android phones.

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/>