

Free confidential numbers

- Samaritans - 116 123
- CALL (Mental Health) helpline - 0800 132 737
- DAN 24/7 (Substance Use) - 0808 808 2234
- National Domestic Abuse Helpline - 0808 2000 247
- Cruse Bereavement - 0808 808 1677
- Childline - 0800 1111
- Victim Support - 0808 16 89 111

Useful websites

- Live Webchat Service - www.barod.cymru
- Concerned about a loved one's drug or alcohol use - www.the20minuteguide.com
- Information and advice for families of alcohol and drug users - www.adfam.org.uk
- Online SMART Recovery meetings - www.smartrecovery.org.uk/online-meetings
- Alcohol Anonymous - www.alcohol-anonymous.org.uk
- Drinkaware - www.drinkaware.co.uk