

## INFORMATION AND SUPPORT SERVICES FOR FAMILIES AND YOUNG PEOPLE

NAME	DESCRIPTION	WEBSITE ADDRESS	TELEPHONE NUMBER	WHO FOR?	LOCAL CONTACT
FRANK	Government website and helpline which provides free and confidential advice about drugs and can refer on to local drugs services.	<a href="http://www.talktofrank.com">www.talktofrank.com</a>	Helpline: 0800 776600	Anyone	
ADDACTION	Britain's largest specialist drug and alcohol treatment charity. Provides information and support for children, parents and carers.	<a href="http://www.addaction.org.uk">www.addaction.org.uk</a>	0207 251 5860 0207 251 5890	Drug users & their families and friends	01296 331933
ACTION ON ADDICTION	Takes action to disarm addiction through research, treatment, family support, education and training.	<a href="http://www.actiononaddiction.org.uk">www.actiononaddiction.org.uk</a>	0845 126 4130	Anyone	
ADFAM	National charity working with families affected by drugs and alcohol.	<a href="http://www.adfam.org.uk">www.adfam.org.uk</a>	0207 928 8923 0207 928 8898	Families & friends	
ALCOHOLICS ANONYMOUS	For people with a drink problem.	<a href="http://www.alcoholics-anonymous.org.uk">www.alcoholics-anonymous.org.uk</a>	0845 769 7555	Alcohol users	
AL-ANON	Provides self-help family groups for people whose lives are affected by someone else's drinking.	<a href="http://www.al-anonuk.org.uk">www.al-anonuk.org.uk</a>	0207 403 0888	Families	
BEAT	Helps with advice and support for people with eating disorders	<a href="http://www.b-eat.co.uk">www.b-eat.co.uk</a>	Helpline 0845 634 1414 Youthline 0845 6347650		
CARE FOR THE FAMILY		<a href="http://www.careforthefamily.org.uk">www.careforthefamily.org.uk</a>	029 2081 0800	Parents and Families	
Child & Adolescent Mental Health Services (CAMHS)	Provides treatment services for young people with emotional difficulties in Buckinghamshire under 18 years old			Families and teenagers	01494 476140
CHILDLINE	A charity providing advice to young people experiencing bullying and abuse	<a href="http://www.childline.org.uk">www.childline.org.uk</a>	0800 1111		
CONNEXIONS DIRECT	Provides information and advice on a range of issues, including drugs + careers advice, for 13-19 year olds. Local Connexions services are available for face to face contact.	<a href="http://www.connexions-direct.com">www.connexions-direct.com</a>	Helpline: 0808 001 3219	13-19 yr olds, parents & carers	01296 392424
DEPRESSION ALLIANCE	Provides publications, support services and network of self help groups for those suffering from depression.	<a href="http://www.depressionalliance.org">www.depressionalliance.org</a>	0845 123 2320	Anyone	
DRUGSLINE	Provides confidential information and support for people with drugs + alcohol related issues, their families + friends.	<a href="http://www.drugsline.org">www.drugsline.org</a>	0808 1 606 606	Anyone	
DRUGSCOPE	Charity providing up to date information on drugs and their effects.	<a href="http://www.drugscope.org.uk">www.drugscope.org.uk</a>		Anyone	
FAMILIES ANONYMOUS	A self help organisation for relatives and friends of people involved in the drug use.	<a href="http://www.famanon.org.uk">www.famanon.org.uk</a>	0845 1200 660	Families & friends	
HOPE UK	Provides drug and alcohol education and training for children and young people.	<a href="http://www.hopeuk.org">www.hopeuk.org</a>	0207 928 0848	Anyone	

KIDSCAPE	Help on a wide range of issues from school problems to bullying and assertiveness	<a href="http://www.kidscape.org.uk">www.kidscape.org.uk</a>	Parents helpline 0845 1205 204		
NARCOTICS ANONYMOUS	Self help group of recovering addicts who meet regularly to help each other. Meetings held throughout the country.	<a href="http://www.ukna.org">www.ukna.org</a>	Helpline: 0207 730 0009 or 0845 373 3366	Recovering addicts	
NATIONAL DRINKLINE	Telephone advice on alcohol misuse issues and refers to local services.	<a href="http://www.patient.co.uk/showdoc/26738981">www.patient.co.uk/showdoc/26738981</a>	0800 917 8282	Anyone	
NATIONAL DRUG PREVENTION ALLIANCE	Aims to help community and professional groups involved in reducing levels of drug and alcohol abuse and other related behaviours.	<a href="http://www.drugprevent.org.uk">www.drugprevent.org.uk</a>	01753 677917	Anyone	
NHS DIRECT	Information on health issues including drug misuse.	<a href="http://www.nhsdirect.nhs.uk">www.nhsdirect.nhs.uk</a> For Drug misuse section use link below <a href="http://www.nhsdirect.nhs.uk/articles/article.aspx?articleId=448">www.nhsdirect.nhs.uk/articles/article.aspx?articleId=448</a>	0845 4647	Anyone	
NHS STOP SMOKING HELPLINE	Advice to help those who want to stop smoking.	<a href="http://www.gosmokefree.nhs.uk">www.gosmokefree.nhs.uk</a>	0800 022 4332	Anyone	
PARENTLINE PLUS	Advice for parents on all aspects of bringing up children	<a href="http://www.parentlineplus.org.uk">www.parentlineplus.org.uk</a>	0808 800 2222		
PARENTS AGAINST DRUG ABUSE	Offers support to parents and carers of drug users. Details of local and national groups can be obtained either via their website or by phone.	<a href="http://www.pada.org.uk">www.pada.org.uk</a>	0845 702 3867	Parents & carers	
QUITLINE	Offers confidential help and advice for those who want to stop smoking.	<a href="http://www.quit.org.uk">www.quit.org.uk</a>	0800 002 200	Anyone	
RELATE	Relate offers advice, relationship counselling, sex therapy, workshops, mediation, consultations and support face-to-face, by phone and through this website.	<a href="http://www.relate.org.uk/relate">www.relate.org.uk/relate</a>		Anyone	01490 791188
RELEASE	Provides advice, support, and information on drugs including drug related legal problems.	<a href="http://www.release.org.uk">www.release.org.uk</a>	0845 4500 215	Anyone	
RE-SOLV	Provides advice and support concerning solvent and volatile substance abuse.	<a href="http://www.re-solv.org">www.re-solv.org</a>	01785 810762	Anyone	
R U SAFE	Provides support on personal safety, relationships, sexual health, risks and self-esteem and help them to exit harmful relationships	<a href="http://www.barnardos.org.uk/rusafebucks.htm">www.barnardos.org.uk/rusafebucks.htm</a>		Young women	01494 534381 07956 428319
THERE 4 ME	For 12 – 16 year olds with on line counsellors to help with their concerns	<a href="http://www.there4me.com">www.there4me.com</a>		12 – 16 years	
THINK YOU KNOW	Child Exploitation Online Protection provides advice to parents on safe internet use for children	<a href="http://www.thinkuknow.co.uk">www.thinkuknow.co.uk</a>			
TURNING POINT	A social care organisation working with individuals and communities in areas of drug and alcohol misuse, mental health and learning disabilities. Drop in drug + alcohol services at various locations.	<a href="http://www.turning-point.co.uk">www.turning-point.co.uk</a>	0207 481 7600	Anyone over 16 years old	01753 692548 16 years+
WAY-IN	Counselling and information agency for young people, 11 to 25 years old, in Buckinghamshire and also support for their parents/carers.	<a href="http://www.way-in.org.uk">www.way-in.org.uk</a>	01494 791177	Young people & parents/carers	Chesham 01494 791177