FLORA BOURDILLON

Drug and alcohol support

Support for you and those around you

Information and places to turn

For people aged 16 and over

Flora Bourdillon

BABCP-accredited Psychotherapist

Local support in Hounslow

Start here for specialist drug and alcohol support. You can contact these services yourself or ask for help making contact.

ARC Hounslow

WHO IT HELPS AND WHAT IT OFFERS

Adults aged 18+ living in Hounslow. Specialist assessment and treatment, individual and group support, medically supported alcohol detoxification, prescribing where appropriate, and recovery support.

COST AND ACCESS

FREE AND CONFIDENTIAL
Self-refer by phone, in person or through the online form. Professionals can also refer.
01895 488675
cnw-tr.archounslow@nhs.net
Montague Hall, Montague Road, TW3 1LD

https://www.cnwl.nhs.uk/services/addictions/arc-hounslow

HYPE Hounslow Young People Engaged

WHO IT HELPS AND WHAT IT OFFERS

Young people aged 10-18 in Hounslow, and care leavers up to 25. Help with their own drug or alcohol use, or the effects of a parent's substance use through its Hidden Harm project. Relevant here for clients aged 16-18.

COST AND ACCESS

FREE AND CONFIDENTIAL
Phone or email for a referral form and to check the right route at age 18.
01895 488675
cnw-tr.hype@nhs.net

https://www.nhs.uk/services/service-directory/hype-hounslow-young-people-engaged/N10992961

Hounslow Drug and Alcohol Services
Council information for Hounslow residents experiencing difficulties with drugs or alcohol, with routes to specialist assessm treatment and recovery support through the services above.
https://www.hounslow.gov.uk/health-wellbeing/drug-alcohol-advice-treatment-recovery-support

Counselling in West London

Options for people who want counselling around substance use, recovery or its effects on family life.

EACH Counselling and Support

WHO IT HELPS AND WHAT IT OFFERS

Culturally specific support for adults affected by drug or alcohol use. Services can include counselling, outreach and help with related housing or mental health difficulties.

COST AND ACCESS

FREE FUNDED PROGRAMMES
Contact EACH to check which programme covers your borough and circumstances, available languages and waiting times.
020 8577 6059
info@eachcounselling.org.uk

https://eachcounselling.org.uk/substance-misuse/

ASCA Addiction Support and Care Agency

WHO IT HELPS AND WHAT IT OFFERS

Counselling for adults aged 18+ concerned about their own substance use, people in recovery, and affected family members. Based in Richmond; you do not need to live there.

COST AND ACCESS

CONTRIBUTIONS APPLY
Self-referral by phone only. Published assessment contribution £20; weekly contributions agreed according to circumstances. Check current access requirements.
020 8940 1160
233 Lower Mortlake Road, TW9 2LL

https://asca.org.uk/who-we-are/

Talk through your options

A useful first step if you want information, are unsure what support you need, or would prefer to talk onl

Drinkline

WHO IT HELPS AND WHAT IT OFFERS

Anyone concerned about their own drinking or someone else's. Confidential information and help finding alcohol support.

COST AND ACCESS

FREE HELPLINE
0300 123 1110
Weekdays 9am-8pm
Weekends 11am-4pm

https://www.nhs.uk/live-well/alcohol-advice/alcohol-support/

FRANK

WHO IT HELPS AND WHAT IT OFFERS

Information about drugs, their effects and support options. Includes a treatment service finder for people seeking local support.

COST AND ACCESS

CONFIDENTIAL INFORMATION
0300 123 6600
Phone line open 24 hours. Online information and contact form available.

https://www.talktofrank.com/

WithYou

WHO IT HELPS AND WHAT IT OFFERS

A trained recovery worker can help you explore your own drug or alcohol use, or concerns about someone else. Formerly known as Addaction.

COST AND ACCESS

FREE CONFIDENTIAL WEBCHAT
Use the online chat page; check live availability. Local face-to-face services have their own catchment areas.

https://www.wearewithyou.org.uk/find-support/talk-to-a-trained-recovery-worker

Recovery and peer support

Groups offer contact with people who understand similar experiences. They can complement specialist treatment. Choose an approach that fits you.

UK SMART Recovery

WHO IT HELPS AND WHAT IT OFFERS

A secular programme using practical tools for motivation, urges and everyday problems. Its separate Family and Friends programme supports loved ones with communication and their own wellbeing.

https://smartrecovery.org.uk/meetings-in-person

COST AND ACCESS

FREE MEETINGS
Search online or in-person meetings and filter by programme, language or audience. Check the individual listing for age and joining details.

Alcoholics Anonymous AA

WHO IT HELPS AND WHAT IT OFFERS

A twelve-step peer fellowship for people who want to stop drinking. Online and in-person meetings.

https://www.alcoholics-anonymous.org.uk/

COST AND ACCESS

FREE MEETINGS
0800 917 7650
Use the meeting finder or speak to a member through the helpline.

Narcotics Anonymous NA

WHO IT HELPS AND WHAT IT OFFERS

A twelve-step peer fellowship for people seeking recovery from drug use. Online and in-person meetings.

https://ukna.org/

COST AND ACCESS

FREE MEETINGS
0300 999 1212
Helpline 10am-midnight daily. Search meetings on the website.

Cocaine Anonymous CA

WHO IT HELPS AND WHAT IT OFFERS

A twelve-step peer fellowship for people who want to stop cocaine or other mind-altering substances, including alcohol.

https://www.cocaineanonymous.org.uk/if-you-need-help/

COST AND ACCESS

FREE MEETINGS
0800 612 0225
Helpline 10am-10pm daily. Online and in-person meeting listings.

Peer groups vary in approach and atmosphere. You can ask about accessible, women-only or LGBTQ+ meetings where available; there is no need to choose the first group you try.

Support for family and friends

You can seek help for yourself even if the person you are worried about is not ready to change.

Adfam

WHO IT HELPS AND WHAT IT OFFERS

Information and support for people affected by a loved one's drug or alcohol use. Helps you explore local services and support for yourself.

https://adfam.org.uk/find-support/

COST AND ACCESS

FREE INFORMATION
Use Find Support. Some one-to-one remote support is paid; ask about funded places and current costs.

Addiction Family Support formerly DrugFAM

WHO IT HELPS AND WHAT IT OFFERS

Support for family members, partners and friends affected or bereaved by a loved one's addiction. Offers a helpline and routes to individual or group support.

https://addictionfamilysupport.org.uk/

COST AND ACCESS

HELPLINE AND SUPPORT OPTIONS
0300 888 3853
Check current opening hours, availability and any programme costs on the website.

Al Anon Family Groups

WHO IT HELPS AND WHAT IT OFFERS

Peer support for anyone affected by someone else's drinking, including a partner's or parent's drinking. In-person and online meetings.

https://al-anonuk.org.uk/

COST AND ACCESS

FREE PEER SUPPORT
0800 0086 811
Helpline 10am-10pm daily. Contact before attending to confirm meeting arrangements.

Parental substance use and family life

Support for the effects of growing up around substance use, and for relatives who have taken on caring responsibilities.

Nacoa

WHO IT HELPS AND WHAT IT OFFERS

Children and adults affected by a parent's drinking. You do not need to drink yourself to ask for help.

COST AND ACCESS

FREE CONFIDENTIAL HELPLINE
0800 358 3456
helpline@nacoa.org.uk
Check current phone hours; email support is also available.

https://nacoa.org.uk/about-nacoa/helpline/

Families Anonymous

WHO IT HELPS AND WHAT IT OFFERS

A twelve-step peer fellowship for relatives and friends affected by another person's drug use or related behavioural difficulties.

COST AND ACCESS

FREE MEETINGS
020 7498 4680
office@famanon.org.uk
Use current online and local listings rather than older leaflets' meeting times.

https://famanon.org.uk/

Kinship

WHO IT HELPS AND WHAT IT OFFERS

Practical advice for grandparents, relatives and family friends raising a child who cannot live with their parents. Relevant when parental substance use has led to kinship care.

COST AND ACCESS

ADVICE AND INFORMATION
0300 123 7015
Use the advice team contact page for current hours and support options. Formerly Grandparents Plus.

https://kinship.org.uk/support-and-advice/talk-to-someone/contact-the-kinship-advice-team/

More specific support

Additional routes for particular experiences or questions.

Antidote London Friend

WHO IT HELPS AND WHAT IT OFFERS

LGBTQ+ people seeking support with alcohol, drugs or chemsex. Individual work, groups, recovery support and routes to counselling or treatment. You can ask for help before deciding to stop.

https://www.londonfriend.org.uk/antidote/

COST AND ACCESS

FREE ADVICE AND SUPPORT
020 7833 1674
antidote@londonfriend.org.uk
Contact the team to arrange access and confirm current drop-in details.

Release

WHO IT HELPS AND WHAT IT OFFERS

Drug information and confidential advice about drug-related legal issues and accessing treatment.

https://www.release.org.uk/helpline

COST AND ACCESS

FREE ADVICE
020 7324 2989
ask@release.org.uk
Check helpline hours online.

Adult Children of Alcoholics and Dysfunctional Families ACA

WHO IT HELPS AND WHAT IT OFFERS

Adults exploring the lasting effects of growing up around alcoholism or other family dysfunction. A twelve-step peer fellowship; you do not need an addiction yourself.

https://www.adultchildrenofalcoholics.co.uk/help-finding-a-meeting/

COST AND ACCESS

FREE PEER MEETINGS
Find UK online or in-person meetings. Voluntary contributions may be invited. Peer support rather than individual therapy.

NHS information and self help

Free reading to help you understand your experiences and discuss possible next steps. Use the current online versions.

NHS alcohol and drug support

WHO IT HELPS AND WHAT IT OFFERS

Plain-language information about alcohol difficulties, drug treatment and how to get help. A GP can also help you find the right service, including for concerns about prescribed medicines.

https://www.nhs.uk/conditions/alcohol-use-disorder/

COST AND ACCESS

FREE ONLINE INFORMATION
Alcohol information and drug treatment information are linked below.

Alcohol and You CNTW NHS

WHO IT HELPS AND WHAT IT OFFERS

An NHS self-help guide about drinking patterns, effects, change and further help. Useful to read in small sections alone or with a professional.

https://selfhelp.cntw.nhs.uk/self-help-guides/alcohol-and-you

COST AND ACCESS

FREE NHS GUIDE
Online, printable and accessible formats. An Easy Read version is available through the same NHS self-help site.

NHS Better Health drink less

WHO IT HELPS AND WHAT IT OFFERS

Information and digital tools for people considering changes to their drinking, including the NHS drink tracking app.

https://www.nhs.uk/better-health/drink-less/

COST AND ACCESS

FREE NHS RESOURCE
Follow current links on the NHS page to tools and support.

Drug treatment information: https://www.nhs.uk/live-well/addiction-support/drug-addiction-getting-help/
If you may be dependent on alcohol, seek medical advice before stopping suddenly. Self-help materials do not replace me care. For an urgent medical concern use NHS 111; in a life-threatening emergency call 999.

Books listed by an NHS trust

These exact titles are listed as useful books in CNTW NHS Foundation Trust's Alcohol and You guide (reviewed in 2024; review due 2027). This is an NHS trust reading list, not a NICE endorsement or a recommendation for everyone.

Overcoming Problem Drinking

Marcantonio Spada - Robinson, 2009

A self-help book using cognitive behavioural therapy (CBT) techniques to understand drinking patterns a explore change. The NHS list names this title and edition; it does not name the newer Overcoming Alcoh Misuse edition.

Allen Carr's Easy Way to Control Alcohol

Allen Carr - Arcturus Publishing, 2nd edition, 2009

A further reading option about changing drinking habits. Listed in the same NHS guide. Ask a clinician or specialist alcohol worker whether it is suitable for your circumstances.

NHS source for both books

Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (CNTW): Alcohol and You, under "Usefu books".

View the NHS guide and its Useful books section

Borrow from a library or check availability before buying. These are general reading options; the NHS list does not establish suitability for every person aged 16+. Discuss suitability with a professional.

If you may be dependent on alcohol, seek medical advice before stopping suddenly. Reading does not replace specialist assessment or medically supported treatment.

NICE guidance: adults and ages 16+

These are general alcohol and drug guidelines that include adults. NICE treats ages 16-17 as young peop so some recommendations differ from those for adults aged 18+. "Over 16s" is NICE's guideline title, no young-people-only service.

Alcohol support and treatment - CG115

Covers adults and young people aged 10-17 with harmful drinking or alcohol dependence. Relevant to th booklet's 16+ audience, with age-specific recommendations.

https://www.nice.org.uk/guidance/cg115

Read NICE information on treatment for adults aged 18+

Psychological and social support - CG51

Drug misuse in over 16s: psychosocial interventions. Covers adults and young people over 16 using opio stimulants or cannabis, including support for families and carers.

https://www.nice.org.uk/guidance/cg51

Specialist opioid detoxification - CG52

Drug misuse in over 16s: opioid detoxification. Covers adults and young people over 16 who are opioid dependent. Explains specialist care; not instructions for self-detox.

https://www.nice.org.uk/guidance/cg52

Alcohol prevention and early support - PH24

Covers adults and adolescents. Includes identifying alcohol difficulties and offering brief advice, with separate recommendations for adults and ages 16-17.

https://www.nice.org.uk/guidance/ph24

For client-friendly reading, select "Information for the public" on CG115, CG51 or CG52. PH24 is mainly professional and public-health guidance. These links do not establish any local service policy or replace individual advice.