

Sutton Bridge Parish Council

Statement of Support

The Parish Council highly values and supports the work of voluntary organisations helping those affected by alcohol, drug, and mental health related issues. The Council will work to promote the services available through these organisations and will help through active signposting.

Useful contacts:

- Drinkline is the national alcohol helpline. If you're worried about your own or someone else's drinking, you can call this free helpline in complete confidence. Call 0300 123 1110 (weekdays 9am to 8pm, weekends 11am to 4pm).
- [Alcoholics Anonymous \(AA\)](#) is a free self-help group. Its "12 step" programme involves getting sober with the help of regular support groups.
- [Al-Anon Family Groups](#) offer support and understanding to the families and friends of problem drinkers, whether they're still drinking or not. Alateen is part of Al-Anon and can be attended by 12 to 17-year-olds who are affected by another person's drinking, usually a parent.
- [Alateen](#)
Run mutual support groups for teenage relatives and friends of alcoholics. Alateen is part of Al-Anon.
- [We Are With You](#) is a UK-wide treatment agency that helps individuals, families and communities manage the effects of drug and alcohol misuse.
- [Adfam](#) is a national charity working with families affected by drugs and alcohol. Adfam operates an online message board and local support groups.
- The [National Association for Children of Alcoholics \(Nacoa\)](#) provides a free, confidential telephone and email helpline for children of alcohol-dependent parents and others concerned about their welfare. Call 0800 358 3456 for the Nacoa helpline.
- [SMART Recovery](#) groups help people decide whether they have a problem, build up their motivation to change, and offer a set of proven tools and techniques to support recovery.
- [Re-Solv](#)
Providing online support and counselling for anyone whose life is affected by volatile substance abuse ('solvent abuse'), including family members and friends.
- [DrugFam](#)
Are you affected by someone else's drug or alcohol addiction? Are you bereaved through drug or alcohol use? Contact their free helpline from 9am-9pm, 7 days a week on 0300 888 3853.
- [Families Anonymous](#)
Support for families and friends concerned about drug abuse or related behavioural problems.
- [YoungMinds](#)
A children and young people's mental health charity. They have a Parents Helpline Team that offers information, advice and support to any parent/carer who is worried about their child's mental health or emotional wellbeing (up to the age of 25).
- [Talk About Alcohol](#)
www.talkaboutalcohol.com is written and managed by a charity called The Alcohol Education Trust (AET). The talkaboutalcohol.com site is designed to be used by young people in a classroom setting as part of PSHE lessons on alcohol.
- [NACOA \(National Association for the Children of Alcoholics\)](#)
Works to address the needs of children growing up in families where one or both parents suffer from alcoholism.
- [Nip in the Bud](#)
Provides films and practical approaches to help parents, teachers, social care staff and others with early recognition of potential mental health conditions in children.

Caring for an alcoholic? Find out [where you can get support on the Carers Trust website](#).