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**SOURCES OF SUPPORT FOR YOUNG PEOPLE**

Here is a summary of some of the main sources of help and support for young people in England, Scotland and Wales who may be struggling with the effects of substance use or gambling, or may be worried about their effects on someone they care about. The organisations and websites offer a wealth of information, guidance and search tools to help you find local groups and specialist support. Many of these organisations also run helplines and/or offer online chat and email support. ­­­­­­

**ALCOHOL AND OTHER DRUGS**

## **Alateen** <https://al-anonuk.org.uk/alateen/> (Alcohol)

## Part of Al-anon, Alateen offers mutual support for 12-17 year olds who are affected by someone else’s drinking – a parent, sibling or friend for example. For further information, including where to find in-person and online meetings, call Al-anon’s General Service Office: 020 7593 2070 (10am-5pm Monday – Friday)

**CHILDLINE** <https://www.childline.org.uk/>

Confidential support for children and young people about any problem they are worried about, including substance use by family or friends. The website has online chatrooms, a one-to-one counsellor chat service and also creative and calming activities and videos to help you to manage stress.

**Phone**: 0800 1111 (available 24 hours a day, 7 days a week).

**CREW** <https://www.crew.scot/>

This is a charity offering support on drugs and sexual health for under-25s in Scotland. The website has information about understanding risks, harm reduction and where to get support. Crew runs a digital drop-in and an Edinburgh in-person drop-in, which include free counselling. Crew also provides advice, harm reduction information, and crisis support at clubs and festivals.

**Phone:** 07860 047501, Monday - Saturday, 1pm - 5pm, or Thursday 3pm - 7pm

**Email:** for digital drop-in: dropin@crew2000.org.uk

**Free text**: 07860047501

**Direct message:** on Instagram: [@crew\_2000](http://www.instagram.com/crew_2000)

**Narateen** <https://www.nar-anon.org/what-is-narateen>

Part of Nar-anon, Narateen supports teenagers (13yrs +) affected by someone else’s drug use. There are no in-person meetings held in the UK at the moment, but the US site gives details of Narateen resources and a list of virtual meetings: <https://www.nar-anon.org/find-a-narateen-meeting#narateenvirtual>

**National Association for Children of Alcoholics (NACOA)** [**https://nacoa.org.uk/**](https://nacoa.org.uk/)

NACOA offers information, advice and support for anyone affected by someone else’s drinking, including children and young people. The website offers a young people’s chat group, information, and accounts of other people’s experiences.

**Helpline:** Telephone 0800 358 3456 (Monday - Saturday 12 noon to 7pm) or Email support: helpline@nacoa.org.uk (Monday – Saturday 12 noon – 9pm)

**Scottish Families Alcohol and Drugs (SFAD)** <https://www.sfad.org.uk>

SFAD is a national charity providing support for close others, including young people, who are affected by a family member’s use of alcohol or other drugs. At the moment, its Routes youth programme is only available in East and West Dunbartonshire. For details see: <https://www.sfad.org.uk/support-services/local-support-services/routes-young-persons-group>

**SMART Recovery Teen and Youth Support Programme** <https://www.smartrecovery.org/teens/>

A self-help program that offers a place where teens can get together to try to look into and change behaviours that hurt themselves and others such as smoking, drinking, and using drugs. On the site there are message board discussion groups for peer support and guidance from trained volunteers. It also runs online meetings (see the website for full details).

**Talk to Frank** <http://www.talktofrank.com/>

This website includes an A-Z index of drugs, advice, and a tool to help find local support services.

**Helpline:** 0300 123 6600 (24 hours, every day, multiple languages available).

**Text 82111 or Live Chat service** (2pm – 6pm every day via the website’s Contact Frank page).

For those with hearing impairments: Textphone FRANK on 0300 123 1099

**The Mix** <https://www.themix.org.uk/drink-and-drugs>

The Mix provides confidential, non-judgemental digital support for young people under-25 on any issue that is worrying them, including drugs and alcohol. On the website are online discussion groups and message boards, and articles written by other young people about their own experiences. There is a helpline, chatbot and email support.

**Helpline**: 0808 808 4994 (11 – 25 year olds) Open 4pm – 11pm Monday - Friday

**Crisis messenger text service** (available 24/7): for support in you are in crisis text THEMIX to 85258

**Young Minds** <https://www.youngminds.org.uk/young-person/coping-with-life/drugs-and-alcohol/>

The website covers many different aspects of mental health problems, giving advice and information for young people, their parents and people who work with them. This includes information about drugs and alcohol, such as the effects of different drugs, how to tell if you have a problem, supporting a friend who may be struggling, and other sources of support.

**Text support** (available 24/7): Text SHOUT to 85258.

**GAMBLING**

**BigDeal** <https://bigdeal.org.uk/>

This site has been developed by the national gambling charity GamCare, specifically to help young people aged 11 and over who are worried about their own or someone else’s gambling. It gives practical information about gambling, loot boxes, e-sports and how betting and gambling work. There is support via online chat or the free national helpline.

Phone: 0808 8020133