

Addiction & Dependency Services in Bridgend County

Adfam National

Address: 25 Corsham Street, London, N1 6DR

Tel: 020 7553 7640 (this is NOT a helpline)

Email: admin@adfam.org.uk

Website: www.adfam.org.uk

Our Mission is to improve the quality of life for families affected by drug and alcohol use.

We provide support and information for friends and families of drug users and have a wide range of training in drug related family support skills.

We have a Criminal Justice Service to support family members of drug users who are in prison.

We also provide a 'Bouncing Back!' prevention programme to

Alcoholics Anonymous

Helpline: 0845 769 7555

Website: www.alcoholics-anonymous.org.uk

Millions of men and women have heard or read about the unique fellowship called Alcoholics Anonymous since its founding in 1935.

At AA Meetings, people get together once or twice a week. There are two types of meeting: 'Closed' meetings are only for members or those who think they have a drink problem. 'Open' meetings are for anyone interested to attend.

Bridgend Assessment Service / Bridgend Community Drug & Alcohol Team

Address: 71 Quarella Road, Bridgend. CF31 1JS

Tel: (01656) 754 300

A multi-disciplinary team who provide rapid assessments for referral to a drug and alcohol service in Bridgend that suits your needs.

We will assist with:

- Assessment*
- Care planning*
- Psychology*
- Cognitive interventions*
- Prescribing interventions*
- Home or inpatient detox*
- Maintenance prescribing*
- Referral and liaison with other services*
 - Relapse prevention*
 - Specialist Midwife support*
 - Choice of Female/Male worker*

Referrals can be made by G.P, Social Worker, Health Professional or Self-referral.

CDAT services can be accessed following BAS assessment.

CITA

Council for Information on Tranquilisers and Antidepressants

Address: J.D.I Centre, 3-11 Mersey View, Liverpool. L22 6QA

Email: cita@btinternet.com

Tel: 01514 749 626

Helpline: 01512 848 324

CITA is a charitable organisation providing support and information for friends, families and professional advisors dealing with prescribed tranquillisers, sleeping tablets and antidepressants.

D.A.S.H Drug & Alcohol Self-Help Group

Address: 74 Nolton Street, Bridgend. CF31 3AE

Tel: (01656) 650 686

Opening Times: Mon 9:30 - 5pm (appointment only)

Tue-Fri 9:30 - 6pm

OGWR DASH is an independent information and support charity existing to reduce harm to people affected by substance misuse.

We offer free, confidential advice and support to residents of Bridgend. We do not expect users to give up unless they are ready to do so. We help substance misusers to achieve goals agreed and identified by them.

We accept Self-referrals, other organisation referrals, telephone or

Gamblers Anonymous UK

Tel: 020 7384 3040 (Information Line)

Email: info@gamblersanonymous.org.uk

Website: www.gamblersanonymous.org.uk

Gamblers Anonymous UK is a fellowship of men and women who share their experience and strength with each other that they may solve their common problem and help others to do the same.

WCADA

Welsh Centre for Action on Dependency and Addiction

Address: 4 Gaylard Buildings, Court Road, Bridgend, CF31 1BD

Email: adminbridgend@wcada.org

Tel: (01656) 667 717

Website: www.wcada.org

WCADA is one of the leading substance misuse agencies in Wales providing Minnesota 12-Step Abstinence treatment and Harm Reduction services, including needle exchange and outreach targeted to individual need. Other services include information, advice and treatment for young people, older and disabled people, family members and carers. We also offer opportunities for learning new skills, improving self esteem and confidence, and provide support towards education, training, volunteering and employment through the DOMINO project.

We work across the Criminal Justice arena with CARAT workers in all Welsh public prisons and staff based in the Youth Offending

Addiction and Dependency Helplines

Alcoholics Anonymous

0845 769 7555

Counselling and advice to stay sober and help achieve sobriety.

Beat Helpline

0845 634 1 414

Youthline: 0845 7 650

Beat provides helplines, online support and a network of UK-wide self-help groups to help adults and young people in the UK beat their eating disorders.

CITA

01512 848 324

CITA is a charitable organisation providing a helpline to individuals involuntarily addicted to their prescribed medications.

DAN 24/7

0808 808 2234

or text *DAN* to: 81066

Point of contact for anyone in Wales wanting further information or help relating to drugs and or alcohol.

FRANK

0300 123 66 00

or Text: 82111

GamCare

National Gambling Helpline

0808 8020 133

(8am - Midnight Daily)

Confidential counselling, advice and information for those affected by a gambling problem.

Narcotics Anonymous

0300 999 1212

If you have a drug problem, we're here to help.

NACOA

National Association for Children of Alcoholics

0800 358 3456

If you would like to talk to someone, our free and confidential helpline is here for you.

Release

020 73 242 989

Specialists in Criminal and Drug Law, we also offer specialist