

'How to Drug Proof Your Kids' Course

steering your children away from the harmful use of

Last Updated
in October
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Resource Booklet

This booklet will provide you with contacts for various support services at a national and local level. It is also available to download from -



National Support Services



**TALK TO FRANK
(National Drugs Helpline)**
0800 77 66 00
www.talktofrank.com

Free, confidential drugs information and advice with a comprehensive A-Z on drugs, contact details with helpline numbers and information of practical support in your area. Information for those concerned about friend/family member's drug use.

Release Heroin Helpline
020 7729 9904
www.release.org.uk

24hr helpline providing information, advice and support on drugs and legal issues

Parents Against Drug Abuse
08457 023867
www.pada.org.uk
Helpline providing advice and support to parents

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RE-SOLV

0808 800 2345

www.re-solv.org

Provides advice and support concerning solvent and volatile substance abuse.

Alcoholics Anonymous

0845 769 7555

www.alcoholics-anonymous.org.uk

For people with a drink problem

Al-Anon

020 7403 0888

www.al-anonuk.org.uk

Provide self-help family groups for people whose lives are affected by someone else's drinking

National Drinkline

0800 917 8282

www.healthwise.org.uk

Telephone advice on alcohol misuse issues and refers on to local services

Quitline

0800 002200

www.quit.org.uk

Offers confidential help and advice for those who want to stop smoking

NHS Stop Smoking Helpline

0800 1690169

www.givingupsmoking.co.uk

The Site

020 7226 8008

www.thesite.org.uk

Information for 16-25 year olds covering education, leisure time, housing, sex and money with extensive drug information such as drugs and your



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Lifebytes

www.lifebytes.gov.uk

Lifebytes is a website which gives young people aged 11-14 the facts about health in a fun and interesting way. Provides factual and accessible information about relevant issues such as drugs, alcohol and health.

Addaction

www.addaction.org.uk

Services, treatments, drug information for parents and for young people.

Daily Dose

www.dailydose.net

Site which provides links to news and reports regarding drug and alcohol misuse

Dads Against Drugs

www.dadsagainstdrugs.co.uk

Information regarding a community based programme where they aim to provide learning programmes for both children and adults to promote an anti-drug message through football, schools, theatre and community projects.

DrugScope

020 7928 1211

www.drugscope.org.uk

UK's leading independent centre of expertise on drugs: Their aim is to inform policy development and reduce drug-related risk.

Local Support Services

Southmead Project

This organization aims to reduce substance harm to individuals and their families and promote community safety within Southmead and surrounding areas. We aim to provide and assist the provision of education, welfare and counselling for groups and individuals in the Southmead area of Bristol.