

UK Websites which provide information and advice on alcohol, drugs and gambling

Some of the main ones are:

- **Adfam:** www.adfam.org.uk/find_a_local_support_group [A list of useful organisations to help families.](#)
- **Alcohol Change UK:** Leading UK alcohol charity working or a society that is free from the harm caused by alcohol. <https://alcoholchange.org.uk/>
- **Drinkaware:** www.drinkaware.co.uk Independent alcohol advice, information and tools to help people make better choices about their drinking.
- **Drugwise:** www.drugwise.org Providing evidence based information on drugs, alcohol and tobacco.
- **Frank:** www.talktofrank.com A to Z list of substances explains appearance and use, effects, chances of getting hooked, health risks and UK law.
- **NHS Choices:** [www.nhs.co.uk](http://www.nhs.uk) The UK's biggest health website.
- **Gamcare:** National UK charity offering telephone counselling and face-to-face counselling in a number of locations around the country, including help for affected family members; as well as advice for professionals. <http://www.gamcare.org.uk>