

Sources of Help

- EAP – the University Employee Assistance Programme - telephone counselling, advice on a range of issues including addiction and recovery (available by logging www.employeeassistance.org.uk and login using “uon” to access the help available to you) or by calling 0800 328 1437
- Community alcohol and drug teams - multidisciplinary teams offering counselling, advice, detoxification and methadone prescription, referral to hospital drug clinics and a range of other services usually via GP.
- Telephone help lines - national and local help lines providing information, advice and counselling, e.g. Drinkline, Telephone: 0300 123 1110 (weekdays 9am - 8pm, weekends 11am - 4pm).
- Self-help groups - providing self-help support to individuals attempting to stop or remain abstinent from alcohol or drug abuse (such as Alcoholics Anonymous and Narcotics Anonymous).
- General Practitioners - most referrals to specialist services are made via general practitioners or mainstream NHS facilities.
- Counsellors and therapists - lists are available from the British Association for Counselling and Psychotherapy.