



Addiction Support (2022)

Wirral Ways – 0151 556 1335 – CH41 6HB, CH44 8DU – wirral.services@cgl.org.uk

Lower My Drinking App – NHS alcohol advice - <https://www.wirralinfobank.co.uk/Services/3469>

Stop Smoking – ABL Wirral – 01515415656 or Text ABL to 60777

Al-Anon – For those affected by another's drinking – 08000086811 – helpline@al-anonuk.org.uk

AdFAM – support for those affected by another's addiction to drugs/alcohol – 02038179410

Alcoholics Anonymous – support via phone and meetings – 08009177650

Beacon Counselling Trust – Gambling – 01512660696 – <https://beaconcounsellingtrust.co.uk>

GamCare – 24/7 Gambling Support Helpline / Face-to-face – 08088020133

Tranmere Rovers Combat Against Gambling - 01516093325 – community@tranmererovers.co.uk

Nightingales Recovery Café CIC – CH41 6AG – 07551511942 – wirral.services@cgl.org.uk

Talk to FRANK – Confidential drugs advice – 03001236600 – frank@talktofrank.com

SMART Management & Recovery Training – stop addictive behaviour – info@smartrecovery.org.uk

Tom Harrison House – 12 week plan for veterans/reservists/emergency/families – 01519098481

DrugFAM – support for families/friends/partners affected by another's addiction – 03008883853

Merseyside Area Narcotics Anonymmous (MANA) – publicrelations@mana-ukna.co.uk

St Vincent de Paul Society – community support for many – 01516731313 – kevinh@svp.org.uk

Victory Outreach UK – Alcohol and Drug support – 01495212516 – office@vouk.org.uk

Know another local service that we should include? - Please let us know