

## Drug and Alcohol Support and Advice

- **Better Lives** – integrated drug and alcohol service provided by Camden and Islington NHS Foundation Trust in Partnership with WDP and Blenheim. Offer free and confidential support service for individuals and their families affected by drug and alcohol problems. Services include one-to-one key working, treatment in GP surgeries, assessment and access to residential detoxification and rehabilitation, psychological therapy, counselling and group work.

3 Locations

99-101 Seven Sisters Road, N7 7QP. Telephone: 020 3317 6099

309 Gray's Inn Road, WC1X 8QS. Telephone: 020 3317 6650

28b King Henry's Walk, N1 4NX. Telephone: 020 3317 72277

<http://www.candi.nhs.uk/betterlives>

Email: [cim-tr.betterlives@nhs.net](mailto:cim-tr.betterlives@nhs.net)

- **Alcoholic Anonymous** – provides confidential help, 365 days a year, to people who are alcoholic or who have a drinking problem. AA provides personal local contacts, and introduction to the 4,200 local AA groups that meet weekly in the UK, of which over 820 are in the Greater London area. AA also provides literature describing the twelve-step programme of recovery from alcoholism.

<http://www.alcoholics-anonymous.org.uk/>

Telephone: 020 7407 0700, 0800 9177 650 (National)

Email: [help@alcoholics-anonymous.org.uk](mailto:help@alcoholics-anonymous.org.uk)

- **Breathe Stop Smoking Service** – free Camden & Islington service. Get the support that suits you best to stop smoking, including tips to stop by yourself, personalised help from a specialist advisor online or over the phone, and face-to-face support in Islington (and Camden) throughout your journey to be smokefree. The service is available in many locations across Islington.

<https://www.breathestopsmoking.org/>

Telephone: 020 3633 2609/ Text wuit to: 66777

Email: [info@breathestopsmoking.org](mailto:info@breathestopsmoking.org)