

Drinkline

Advice to those worried about their own, or a loved one's, alcohol use. Contact their free helpline on 0300 123 1110 (weekdays 9am – 8pm, weekends 11am – 4pm).

DrugScience

DrugScience is an independent, science-led drugs charity, bringing together leading drugs experts from a wide range of specialisms to carry out ground-breaking original research into drug harms and effects.

DrugWise

Formerly DrugScope, DrugWise provides access to evidence-based drug, alcohol and tobacco information and resources, including an international knowledge hub.

FRANK

National drug information service with factfiles and FAQs.

NHS Choices Alcohol Support

Includes information on alcoholism, binge drinking and [caring for someone with an alcohol problem](#).

Release

Organisation providing free legal advice on drug issues, and a helpline - 020 7324 2989

Stars National Initiative

Support and guidance on parental drug and alcohol misuse.