

Support for our patients: Drugs

Addiction Support

NHS guidance offering help and support for addiction, including drug and gambling addictions. Visit **www.nhs.uk/live-well/addiction-support** for more information.

Waythrough (previously known as Together EDP)

This service offers 1-2-1 specialist support for anyone struggling with alcohol or drugs in the South Devon area. For more information and to self-refer, visit **www.waythrough.org.uk/find-support-near-me/together-newton-abbot** or call **0800 233 5444**.

Torbay Recovery Initiative (for Torbay residents only)

This service offers drug treatment options, some self-management tools (including a password for the web-based or app "breaking free online"). Phone **01803 291129** or self-refer using their website **www.torbayandsouthdevon.nhs.uk/services/drug-and-alcohol-service/referrals**. For more information, visit **www.torbayandsouthdevon.nhs.uk/services/drug-and-alcohol-service**.

Narcotics Anonymous

Narcotics Anonymous is a community of people who support each other to achieve and maintain a drug free life. Find details of your local group and more information on their website **ukna.org** or call **0300 999 1212**.

Talk to Frank

The website Talk to Frank has a range of facts, support and advice on drugs and alcohol. Visit **www.talktofrank.com** for more details or call **0300 123 6600** or text **82111**.

Support for friends and family

Adfam

Adfam gives information, local support groups and helplines for anyone affected by someone else's substance misuse, and information for family members including a useful directory of services can be found at the website **adfam.org.uk/for-families**.