

SUPPORT SERVICES DURING CHRISTMAS



Useful numbers of support services
during the Christmas Period

Samaritans 116123

Connections Adult 0300 1235440

Connection Young People 01865 904998

Download distrACT app for support with
emotions

Family support Connections 01865711267

Mutual Aid

Cocaine Anonymous Helpline 0800 612 0225

Alcoholic Anonymous Helpline 01202296000

Narcotics Anonymous Helpline 0300 999 1212

Specialist Drug and Alcohol Services (SDAS)
01202 977010

www.edasuk.org