

Think

Clearer

# Addiction Support

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- For more support for drug & substance addiction, your GP is a good place to start. They may offer you treatment at the practice or refer you to your local service
- If you're not comfortable talking to a GP, you can approach your local drug treatment service yourself
- Visit the Frank website to find support near you - [www.talktofrank.com](http://www.talktofrank.com)
- If you're having trouble finding the right sort of help, call the Frank drugs helpline on 0300 123 6600. They can talk you through all your options
- As well as the NHS, there are charities and private drug and alcohol treatment organisations that can help
- Visit the Adfam website page - [www.adfam.org.uk](http://www.adfam.org.uk)
- Private drug treatment can be expensive, but sometimes people do get referrals through their local NHS