

### 1.9.3 Addictions (Drink, Drugs, Gambling)

Alcoholics Anonymous focuses entirely on the personal recovery and continued sobriety of alcoholics who approach the Fellowship for help. Alcoholics Anonymous doesn't engage in the fields of alcoholism research, medical or psychiatric treatment or advocacy and the Fellowship has adopted a policy of cooperation but not affiliation' with other organisations concerned with alcoholism.  
t: 0800 9177 650 (helpline) e: help@aamail.org

Alcohol Concern is the leading charity working on alcohol issues in England and Wales. Its goal is to improve people's lives through reducing the harm caused by alcohol. The organisation's long-term aim is to change the drinking culture in England and Wales and create a world where people can manage the risks associated with alcohol.  
t: 0300 123 1110 (national drink helpline) e: contact@alcoholconcern.org.uk

Gamblers Anonymous Scotland is a fellowship of men and women who have joined together to do something about their gambling problem and help other gamblers do the same. GA's main purpose is to carry the message to the compulsive gambler who is still suffering wherever they may be. GA members offer friendship to anyone who wants to try and stop gambling.  
t: 0370 050 8881 e: info@gascotland.org

[Narcotics Anonymous](#) is a non-profit fellowship of men and women for whom drugs had become a major problem. The fellowship consists of recovering addicts who meet regularly to help each other stay clean. There is only one requirement for membership – the desire to stop using. Our program is a set of simply written principles that people can implement in their daily lives.  
t: 0300 999 1212 (helpline) e: meetings@ukna.org

Release is the national centre of expertise on drugs and drugs law. The organisation, founded in 1967, is an independent registered charity. The Release team provides free non-judgmental advice and information to the public and professionals on issues related to drug use and to drug laws. The organisation campaigns directly on issues which impact on our clients.  
t: 020 7324 2989 e: ask@release.org.uk

Bipolar Scotland is not responsible for any of the information featured on external websites. If you have any unhelpful experiences using any of the sites listed here, please tell us at [info@bipolarscotland.org.uk](mailto:info@bipolarscotland.org.uk) – and please also tell us about any good sites you encounter so we can add them to our list.