Alcohol Resources

If you feel that you are drinking more than you want to, the following resources are available to staff and students:

University Resources

Student Progress:  
http://www.ncl.ac.uk/students/progress/studentresources/community/alcoholawareness.htm

Student Wellbeing Service offers sign posting support:  
www.ncl.ac.uk/students/wellbeing/support/

Occupational Health offers support to staff:  
http://www.ncl.ac.uk/ohss/health/

External Local Resources

Nightline  
0191 2612905 (8pm-8am for students in term time only)

UK Rehab  
http://www.uk-rehab.com/rehab/

Lifeline Drug and Alcohol Service  
0191 2615610

PROPS  
http://www.newcastleprops.org.uk/

MESMAC  
http://www.mesmacnortheast.com/

National Resources

Alcoholics Anonymous  
www.alcoholics-anonymous.org.uk

Al-Anon  
www.al-anonuk.org.uk

Drinkline  
0800 917 8282

Alcohol Concern  
www.alcoholconcern.org.uk

Antidote (LGBT specific drug & alcohol support)  
www.londonfriend.org.uk/get-support/drugsandalcohol

Talk to Frank  
www.talktofrank.com/drug/alcohol

Addiction Helper  
www.addictionhelper.com/

ACT  
https://www.alcohollearningcentre.org.uk/

NHS Choices  
http://www.nhs.uk/Livewell/alcohol/Pages/Alcoholsupport.aspx

Recourse  
www.recourse.org.uk/search/node/alcohol

Public Health England  
www.nhs.uk/oneyou/drinking