

## Self Help Resources – Useful sites & Information

### Addiction (including misuse of alcohol & drugs, gambling)

**Drinkaware** is full of useful facts on the effects of alcohol upon health and lifestyles to help you to make better choices about drinking. It has good advice on alcohol related matter, and drink tracker and tools for monitoring your drinking.

[www.drinkaware.co.uk/](http://www.drinkaware.co.uk/)

**Dan 24/7** contains information about drugs and alcohol. It offers a free and bilingual telephone helpline for anyone in Wales wanting information or help relating to drugs and alcohol.

The website is available in English and in Welsh.

[www.dan247.org.uk](http://www.dan247.org.uk)

**CAIS** helps people in Wales who are having problems with addictions, mental health, personal development and employment, as well as offering assistance and information to their families and friends.

[www.cais.co.uk](http://www.cais.co.uk)

**Alcoholics Anonymous** is a self-help organisation for people who want to recover from alcoholism or problem drinking.

[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

**Al-Anon** helps and supports families and friends of alcoholics.

[www.al-anon.org/](http://www.al-anon.org/)

**GamCare** provides free, specialist counselling for anyone experiencing difficulties resulting from a gambling problem across the UK, including gamblers, partners and family members.

[www.gamcare.org.uk](http://www.gamcare.org.uk)

**The Centre for Internet Addiction** contains educational resources on the subject.

[www.netaddiction.com/](http://www.netaddiction.com/)

Last updated: Sept 2017