

# ADDICTION

SIX MENTAL HEALTH SOLUTIONS

**AFTERCARE**

## ADDICTION RECOVERY SUPPORT



See the **SIX MHS APP** for a full list with links to meetings

### alcohol recovery SUPPORT



Alcoholics Anonymous  
alcoholics-anonymous.org.uk  
Helpline: 0800 9177 650

### substance recovery SUPPORT



Narcotics Anonymous  
ukna.org  
Helpline: 0300 999 1212

### addiction SUPPORT



Smart Recovery  
smartrecovery.org.uk  
Helpline: 0300 053 6022

### eating disorder recovery SUPPORT



Overeaters Anonymous  
oagb.org.uk  
Helpline: 07798 587802

### gambling recovery SUPPORT



Gamblers Anonymous  
gamblersanonymous.org.uk  
Helpline: 0330 094 0322

### codependent recovery SUPPORT



CoDA  
codauk.org  
meetings@codauk.org

### sex and love recovery SUPPORT



Sex and Love Addicts Anonymous  
slaauk.orgmeetings@codauk.org  
National UK voicemail: 07984 977 884

### pan addiction SUPPORT



Pan Fellowship  
panfellowship.org  
info@panfellowship.org

we are here to **HELP**

If you are concerned about your addiction and would like to talk to us about your options, please give us a call. **07480 726082** Or send us a message at: [helpline@sixmhs.com](mailto:helpline@sixmhs.com)