

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. **07360 533028** Or send us a message at: helpline@sixmhs.com