

# For when you need support

There are a range of organisations out there for those who feel like they may need support and advice. Below are some that can help with health and wellbeing.

## Drink Aware

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

An independent charity working to reduce alcohol misuse and harm in the UK. Helping people make better choices about drinking.

## Down Your Drink

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

Helping to give people the information they need to make careful choices about the role alcohol plays in their life.

## Nacoa

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

Providing information, advice and support for everyone affected by a parent's drinking.

## Adfam

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

A UK charity working to improve support for those affected by someone else's substance use.

## Mind

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

"We won't give up until everyone experiencing a mental health problem gets both support and respect."

## DAN 24/7

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

A free and bilingual telephone helpline providing a single point of contact for anyone in Wales wanting further information and/or help relating to drugs and/or alcohol.

## We Are With You

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

"We work with people on their own goals, whether that's staying safe and healthy, making small changes or stopping an unwanted habit altogether."

## Alcoholics Anonymous

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

A free self-help program. Its "12-step" programme involves getting sober with the help of regular support groups.

## Al-Anon Family Group

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

Al-Anon Family Groups providing support to anyone whose life is or has been affected by someone else's drinking.

## Samaritans

[www.samaritans.org](http://www.samaritans.org)

Every six seconds the Samaritans respond to a call for help. No judgement. No pressure. There for anyone who needs someone.

## FRANK

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

Talk to Frank for facts, support and advice on drugs and alcohol.

Help with alcohol

Family

Talk



Everyone sometimes feels they need support.  
Expand your support network - Friends, families, work colleagues, forums.

**iam**  
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# Useful resources

Below are some of the organisations and institutions that provide support and driving related services.

## GOV.UK

[www.gov.uk/browse/driving](http://www.gov.uk/browse/driving)

All you need to know about reapplying for your driving licence, including your driver record, medical, categories.

## Highway Code

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

The Highway Code applies to England, Scotland and Wales and is essential reading for every road user.

## Drink Driving.org

[www.drinkdriving.org](http://www.drinkdriving.org)

Legal advice, information, forums, support, and news for those that have been caught, convicted of or affected by drink driving.

## NHS

[www.nhs.uk/live-well](http://www.nhs.uk/live-well)

Advice, tips and tools to help you make the best choices about your health and wellbeing.

## Counselling Directory

[www.counselling-directory.org.uk](http://www.counselling-directory.org.uk)

Counselling Directory connecting you with professional counsellors and therapists near you to help you find the help you need.

## WCADA (Wales)

[www.wcada.org](http://www.wcada.org)

To reduce, treat and prevent the harm caused by alcohol and drugs to individuals, their families and the community.

## DVLA

[www.gov.uk/browse/driving/driving-licences](http://www.gov.uk/browse/driving/driving-licences)

For driving licence queries and updates such as change of address.

## UK Road Statistics

[www.gov.uk/government/statistical-data-sets/reported-drinking-and-driving-ras51](http://www.gov.uk/government/statistical-data-sets/reported-drinking-and-driving-ras51)  
A free resource for UK Road statistics.

## Citizens Advice

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

“By working with a range of national partners we can improve the lives of the most vulnerable groups in society.”

## Ben

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

Ben is an independent charity and partner to the automotive industry, providing support for people and their family dependents.

## Alcohol Change

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

Working towards better knowledge, policies and regulation around alcohol, also improved drinking behaviours and better treatment.

## Turning Point

[www.turning-point.co.uk](http://www.turning-point.co.uk)

Turning point providing a wide range of health and wellbeing services.

Driving Resources

Further Support

At IAM RoadSmart we make better drivers and riders. As the UK's largest independent road safety charity, formed in 1956, we've spent more than 60 years making our roads safer by improving driver and rider skills through coaching and education. We offer free tasters, advanced rider and driver courses, e-learning modules, driver assessments, tips & blogs, and commercial services for fleet risk management.

To find out more please visit [www.iamroadsmart.com](http://www.iamroadsmart.com)

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