

**Still in service / transitioning?**

**Military Departments of Community Mental Health (DCMH)**

Joint NHS and MOD Tri Service for serving personnel that also provides support up to 6 months after discharge.

**Combat Stress**

24Hr Helpline 0800 323 4444 (Tri Service personnel and their families)

**Support**

**Breaking Free**

This is an evidence-based online treatment and recovery programme for alcohol and drug dependence. 24/7 access

**Be Gamble Aware**

Advice and access to free, confidential help. Tips on how to stay in control.  
Tel: 0808 8020 133  
(08:00 to 00:00 7 days a week)

**Alcoholics Anonymous**

A fellowship of men and women who share their experiences, strength and hope.  
Tel: 0800 9177650

**Narcotics Anonymous**

Support and meetings for men and women with a drug problem seeking help,  
Tel: 0300 999 1212 (10.00am – midnight)

**Al-Anon – Families Group**

Provides support to those affected by someone else's drinking. Tel: 0800 0086 811

**Release**

Welfare and legal needs of drugs users and those who live and work with them.  
Tel Helpline: 020 7324 2989

**SMART recovery**

A science-based programme to help people manage their recovery from any type of addictive behaviour. This includes addictive behaviour with substances such as alcohol, nicotine or drugs, or compulsive behaviours such as gambling, sex, eating, shopping, self-harming and so on. Tel: 0330 053 6022

**Combat Stress**

Specialist substance misuse teams giving advice on how and where to get help with alcohol or drug problems.  
Tel: 0800 138 1619

**Advocacy**

**seAp** is an independent charity that provides free *independent* and confidential advocacy services.

Tel: 0330 440 9000 or text SEAP to 80800

**NHS Provision**

**Priority NHS care for veterans**

Since 2008 all Veterans with health conditions that may be related to their military service are given priority treatment, unless there is a medical emergency which takes priority. Priority is not given for unrelated conditions.

**Dual Diagnosis**

Co-existing mental health and substance misuse needs which often are further made complex with physical, social and economic problems. Services will work in partnership to ensure patient receive the care required.

**NHS website**

Provides online care and support advice, where to find local surrey service for alcohol addiction treatment, young people, counselling and drug & alcohol services

**Armed Forces Network led by the NHS**

Has a website which provides information for the Armed Forces Community as to where specific support can be found.

It is an important principle that when staff leave the Armed Forces, their health care transfers from the military to the NHS. If the health service is unaware of your entitlement for priority treatment, you are actively encouraged to tell them about it and ensure they know "you have served".

**GPs and Medical Records**

**Find GP services.** All ex-Armed Forces personnel are given a summary of their medical records, which they are advised to give to their new GP when they register. GPs can request medical records through the records departments:

- Royal Navy & Marines: 02392 768 063
- Army: 08456 009 663
- RAF: 01494 497 410

**Statutory Services**

**Surrey Drug & Alcohol Care**

Free 24Hr phone helpline 0808 802 500  
Offering: Advice and Information, 1:1 support for individual and family/carers, signposting and referral to treatment and counselling services.

**Catalyst – Reach Out Counselling**

Individual and family and friends counselling, group work, assessment and referrals to address the wider factors around drug and alcohol use.  
Tel: 01483 590150

**i-access**

(Surrey and Borders Partnership Trust & Catalyst) A service aimed at detoxing patients in the community. On-going support for individuals presenting with substance misuse problem, may include clinical, therapeutic and/or practical interventions.  
Tel: 0300 222 5932

**Skills and Recovery Team**

Focus on reintegration support to build sustainable recovery  
01483 519190 self-referrals are permitted

**In Patient Facilities**

**Kenward Trust**

Charity based in Kent dealing with substance misuse, homelessness and resettlement issues. Residential drug & alcohol recovery projects.  
Tel: 01622 814187

**Accommodation**

**Royal British Legion Industries**

Wide range of accommodation and welfare support in Aylesford  
Property Services: 01622 795910  
Welfare Officer: 01622 795973

**Online Websites**

**FRANK**

Gives friendly, confidential advice on any subject related to drugs:  
FRANK is available 24 hours a day, 7 days a week. Calls are free from landlines and some mobiles. Text: 82111 Tel: 0300 123 6600

**Surrey Drug and Alcohol Care SDAC**

Online and telephone confidential helpline For those worried & confused about drugs or alcohol. Tel: 0808 802 5000 (24/7)  
Email: [info@SDAC-helpline.co.uk](mailto:info@SDAC-helpline.co.uk)

**Alcohol Change**

Charity which provides help to people with information, advice and support

**Drinkaware**

Website provides information to help make choices about drinking

**Drinkline**

The purpose of the Drinkline service is to offer free, confidential, accurate and consistent information and advice to callers who are concerned about their own or someone else's drinking. Helpline: 0300 123 1110 (weekdays 9am–8pm, weekends 11am–4pm)

**DrinkCoach**

Online alcohol test allows users to find out if they are at risk from their drinking

**One You**

Website with advice on drinking. This is for adults and includes an alcohol checker.