

A more accessible online version is available. [Visit the Social Prescribing website](#), [email the Social Prescribing Team](#) or [call 01308 428943](#)



ADDICTION

We're sorry to hear that you're going through a difficult time. This resource sheet includes a selection of services, tools, and organisations that others have found helpful. If you require further support in accessing these, or other services, please contact the Social Prescribing Team on 01308 428943 or email us on JCSocialPrescribing@dorsetgp.nhs.uk

REACH

Offering advice, information and support for anyone in Dorset concerned about their own drug and/or alcohol use, or that of a friend, family member or colleague.

They can offer:

- Advice and information Harm
- Reduction interventions
- Needle Exchange
- Group work
- One to one key working
- A full range of prescribing options
- Family support
- Aftercare activities
- Accredited mentoring courses
- Young People Substance Misuse advice, information, brief interventions and engagement

Telephone: **0800 043 4656**

Email: info@reach-dorset.org

Website: www.edp.org.uk/reach

Address: Weymouth Community Hospital, Weymouth, DT4 7TB

Satellite Services:

Reach Lyme Regis

Bethany Chapel,
Coombe Street
DT7 3JU

Reach Bridport

Friends Meeting House
South Street
DT7 3JU

Reach Dorchester

Quaker Meeting House
8 Holloway Road
DT1 1LF

Alcoholics Anonymous (AA) is a free, confidential support group for people who want to stop drinking and stay sober, offering regular meetings and a 12-step recovery programme. It provides a safe, non-judgemental space to share experiences and support one another on the journey to recovery.

Local face to face meetings held regularly in Bridport, Lyme Regis, Beaminster, Axminster, Dorchester, Weymouth, Charmouth, Chard and Crewkerne. Online only meetings also available.

Telephone: **0800 917 7650**

Email: help@aamail.org

Website: <https://www.alcoholics-anonymous.org.uk/>

Narcotics Anonymous (NA) is a free, confidential support group for anyone recovering from drug addiction, including alcohol and prescription drugs. It offers regular peer-led meetings and a 12-step programme to help people stay drug-free and support each other in recovery.

Local face to face meetings held regularly in Bridport, Uplyme, Dorchester, Weymouth and Yeovil. Online only meetings also available.

Telephone: **0300 999 1212**

Email: pi@ukna.org

Website: <https://ukna.org/>

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

Al-Anon members provide one another with mutual support, by sharing their experiences with each other at an Al-Anon meeting. Meetings are a safe place where you can talk about your own concerns and feelings. If you don't feel able or willing to talk, that's OK too. Whatever your story or background, you won't be judged.

Bridport meeting is held on the 1st and 3rd Tuesday of the month at 19:30-21:00

Address: The Committee Room, Friends Meeting House, 97 South Street, Bridport, DT6 3NZ

Telephone: **0800 0086 811** Email: helpline@al-anonuk.org.uk Website: <https://al-anonuk.org.uk/>

NATIONAL RESOURCES

Drinkaware

Offers information, strategies and tools to change your relationship with alcohol and reduce drinking.

Telephone: **0300 123 1110** Email: contact@drinkaware.co.uk Website: www.drinkaware.co.uk

FRANK

24/7 helpline and information about drugs.

Telephone: **0300 123 6600** Website: <https://talktofrank.com/>

Cocaine Anonymous

Offers free, confidential support for anyone seeking recovery from cocaine and other drug addiction.

Telephone: **0800 612 0225** Website: <https://www.cocaineanonymous.org.uk/>

Marijuana Anonymous

Offers free, confidential peer-led fellowship using a Twelve-Step programme to support people aiming to stop using marijuana and regain control of their lives

Website: <https://marijuana-anonymous.org/>

While we hope you may find something here that supports you, please note that these resources are not all officially endorsed by the NHS. We endeavour to ensure that all listings are accurate and up to date, but please be aware that we cannot guarantee this at all times.

If you are a local service, organisation or group that would like to be included in this guide, please [contact us via secure online form](#) or call the PCN Admin Team on [01308 801810](tel:01308801810) and tell us about your support offering. August 2025.