

Al Anon - Family Groups

Al-Anon Family Groups provide support to anyone whose life is, or has been, affected by someone else's drinking. Whether or not the person is still drinking or has stopped. They hold regular meetings where members share their experience of living with alcoholism. They don't offer advice or counselling, but give each other understanding, strength and hope. The group are relatives and friends of alcoholics who share their experience to help each other.

Visit their website to find a face to face meeting near you. They also run online meetings. You can call their free confidential telephone helpline or email them for help too.

Last updated: March 13, 2024

Website: www.al-anonuk.org.uk

Helpline: 0800 0086 811

10am to 10pm, 365 days a year

Email: helpline@al-anonuk.org.uk

Twitter: <https://twitter.com/AlAnonukandEire>

Facebook: <https://www.facebook.com/AlAnonFamilyGroupsUK>

Cost: Free

Address:

57B Great Suffolk Street
London
SE1 0BB

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