

Anonymous Fellowship, Mutual AiD and Recovery from Addiction

There is a raft of lived and living experience of the problems of addiction as well as how individuals have found, built and maintained their recovery who, as part of their own 12 step recovery program, are willing to share of their experience, "That another may also recover", who are members of anonymous fellowships. Their follows a list of contact details where you can reach out to connect with others who will have walked, if not the same, but similar pathways who wont tell you what to do but will listen with an empathetic and understanding ear and if you wish, share of how they got well in fellowship.

Alcoholics Anonymous

National Helpline 0800 917 7650 24 hrs 365 days a year

Aberdeen City and Shire Meetings <https://www.alcoholics-anonymous.org.uk/Members/Regional-&-Local-Websites/east-of-scotland-region/aberdeen-&-district-intergroup/Local~Meetings~PDF>

Website www.alcoholics-anonymous.org.uk includes live Web chat

Or you can email help@aamail.com

Anonimowi Alkoholicy Informacja

Information 07598 853255

Narcotics Anonymous

National Helpline 0800 999 1212 10.00am to 12.00pm 365 days a year

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

East Coast Helpline 0800 048 4812

Website <https://www.eastcoastscotlandna.com>

Al-Anon

National Helpline 0800 008 6811 10.00am to 10.00pm

Website www.al-anonuk.org.uk

Or you can email helpline@al-anon.org.uk

Co-Dependents Anonymous

www.codauk.org

SMART UK

Website <https://smartrecovery.org.uk/>

Overeaters Anonymous #

Website <https://www.oagb.org.uk/>

Telephone 07798 587802