



Branches supports anyone who has been affected by someone else's drug or alcohol use. This includes parents, partners, siblings, grandparents and friends.

Coping alone is not easy, it can be stressful, hurtful, tiring and can leave us emotionally drained. No one prepares us for the situations we are dealing with and often there is no one to talk to about what actions we need to take.

As a peer led support group we understand what you are going through and will listen and support you without judgement. We don't claim to have all the answers and don't give timescales on resolving your problems but we will offer you a listening ear, ongoing support and friendship.

We run weekly group meetings in Middlesbrough and offer one to one support. For times, dates and venues of these sessions please call us or see our website or Facebook page for more information.

Telephone support is also available.

Mondays to Thursdays between 10am – 4pm
07742090606 or 07934104283

Tuesday between 5pm – 7pm
07938676579

Facebook@BranchesSupport

Where to get advice and support?

Without the right support, we sometimes take the incorrect actions in trying to help our loved ones. This is not intentional as we are trying to help the person and get them on the right track. However, without the correct information and knowledge we can sometimes do more harm than good.

Support for Carers, Families & Friends

Middlesbrough Recovery Together – support for you or someone you know who is struggling with substance use in Middlesbrough.

Tel: 01642 232688
Facebook@MRTsupport

Carers Together – provides information and support to all carers in Middlesbrough.

Tel: 01642 488977
Web: www.carerstogether.co.uk

Adfam – providing direct support to families through publications, training and outreach work.

Tel: 020 7553 7640
Web: www.adfam.org.uk

Al-Anon - provides support to anyone whose life is, or has been, affected by someone else's drinking. Meetings held in the North East.

Tel: 020 7403 0888
Web: www.al-anonuk.org.uk

Families Anonymous - world-wide fellowship of family members and friends affected by another's abuse of mind-altering substances, or related behavioural problems.

Tel: 0207 4984 680 or 0845 1200 660
Web: www.famanon.org.uk

Grandparents Plus - national charity which champions the vital role of grandparents – especially when they take on the caring role in difficult family circumstances. Meetings held locally.

Tel: 0300 123 7015
Web: www.grandparentsplus.org.uk

Local Drug & Alcohol Services

Fulcrum Medical Practice - Drug and alcohol treatment service for people aged 18 or over. Offers advice, treatment and HIV, Hepatitis B and C screening. Can prescribe medication for opiate users, such as Methadone and Subutex.

Tel: 01642 354550

Web: www.fulcrummp.co.uk

CGL - Free and confidential drug and alcohol service for adults and young people in Middlesbrough. Services include; harm minimisation, providing advice and information, needle exchange, testing, vaccinations and wound care.

Tel: 01642 876323

Web: www.changegrowlive.org

Recovery Connections - Recovery support service offering a range of interventions in order to support individuals to achieve long-term recovery and their recovery goals.

Tel: 01642 351976

Web: www.recoveryconnections.org.uk

Mutual Aid Groups

Alcoholics Anonymous – This is an organisation of men and women who share their experiences to help others recover from alcoholism. There are local meetings held across Middlesbrough and the surrounding areas.

National Helpline: 0800 9177 650

Web: www.alcoholics-anonymous.org.uk

Narcotics Anonymous – Members can learn from each other how to live drug free and recover from the effects of addiction in their lives. There are local meetings held across Middlesbrough and the surrounding areas.

National Helpline: 0300 999 1212

Web: www.ukna.org

Cocaine Anonymous – Fellowship offering information and advice to cocaine/crack and other substance users.

National Helpline: 0800 6120 225

Web: www.cauk.org.uk

General Support

Middlesbrough Council - Resident information about Middlesbrough Council services.

Tel: 01642 245432

Web: www.middlesbrough.gov.uk

Citizens Advice Bureau Middlesbrough - Helps people to tackle their problems head on, with advice, information and practical support, as well as working with clients to manage their individual problems.

Tel: 01642 802282

Web: www.middlesbroughcab.org.uk

Middlesbrough & Stockton Mind - Leading local charity providing confidential services for people experiencing emotional or mental health problems and their families.

Tel: 01642 257020

Web: www.middlesbroughandstocktonmind.org.uk

Talking Therapies - Not coping? Feeling stressed or low? Unable to relax? Difficulty sleeping? Worried? Talking Therapies can help. Free advice and support from trained staff.

Tel: 0800 8048155 or 01642 424030

Web: www.tewv.nhs.uk/talkingtherapies

Middlesbrough Advice Partnership – full range of support available on financial matters including debt advice, welfare benefits, money matters and Carers. Drop ins held across Middlesbrough. For more info visit the website.

Web: www.advicemiddlesbrough.org.uk

Teesside Samaritans - You can get in touch about anything that's troubling you, no matter how large or small the issue. We're here to listen.

Tel: 01642 217777

Web: www.samaritans.org