

List of organisations that provide advice on alcohol and substance abuse

Alcoholics anonymous	01904 644026
Alcohol concern resource centre	020 7928 7377
Drinkline	0345 320202
Narcotics anonymous	020 7730 0009
National drugs helpline	0800 776600
Turning point	020 7702 2300

Confidential Telephone Counselling Service

St Mary's University provides a confidential telephone counselling service which is run independently by First Assist Services Ltd. It is available 24 hours a day, 365 days a year to provide support to staff members and their family members. All counsellors are full members of the British Association for Counselling and Psychotherapy (BACP) and at all times meet the criteria for accreditation by the BACP and/or registration by the United Kingdom Council for Psychotherapy.

To contact the counselling service telephone **01455 255131** and quote verification number **71313**. This number identifies your link with St Mary's and in no way identifies you as an individual. You can disclose your name or remain anonymous if you so wish.

Additional and local numbers of support organisations can be found in the Yellow Pages.