

Recovery Resource List

Apps and digital resources

Kennedy Street Recovery podcasts

To promote recovery from addiction; improve health and wellbeing, encourage and promote social inclusion through education, training and personal development.

Search for the “Kennedy Street Recovery podcast” on Apple, Google, Spotify and [Acast](#). Watch the 2020-21 lockdown Recovery Talks on [Youtube](#) or listen to the podcast versions on [Acast](#).

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Let Goh

The app includes a 12-step addiction recovery process by supporting you with powerful inventory tools, meditations, and active sponsorship. This anti-addiction app is called “LetGOH – Addiction Recovery” and is built for everyone who wants to get rid of their addiction habits. With the LetGOH, you can also quit your drinking habits step-by-step.

[iPhone App store](#) . [Android app store](#)

Action for Happiness

The Action for Happiness app is your daily companion for a happier life. You’ll receive simple, daily action ideas designed to help you boost your own well-being and spread more happiness to others around you too.

[iPhone App store](#) . [Android app store](#)

Sober Time

Sober Time helps you track your addictions, stay motivated, and interact with others in recovery.

[iPhone app store](#) . [Android app store](#)

Sober Grid - iPhone only

Sober Grid is a Sober Social Network for people that don't use drugs or alcohol.

[iPhone app store](#)

Cocaine Anonymous

Listen to hundreds of hand selected and high quality CA and NA speaker recordings from Cocaine Anonymous meetings around the world.

[iPhone app store](#) . [Android app store](#)

Pocket Rehab

Pocket Rehab is a recovery assistance app. Connect with peers anonymously 24/7. Completely private. Get help anytime via text/call/video chat. Volunteer to help other users. Keep a private journal, find meetings nearby, explore a community Q&A, and more!

[iPhone app store](#) . [Android app store](#)

Sober Tool

This sobriety tool was developed by a Harvard educated licensed chemical dependency and certified alcohol addiction counsellor. It uses proven techniques to help you stay sober. Features include daily motivational messages, a search engine to help you find relevant content, a tool to avoid relapse if you have a craving, a chat forum, and much more.

[iPhone app store](#) . [Android app store](#)

Sobriety Counter – Stop Drinking (EasyQuit)

This is a great motivational app for those that have stopped drinking. It tracks several elements, including how long you've been sober, the relevant health benefits, motivational tips and money saved. It's easy to use and highly rated.

[iPhone app store](#) . [Android app store](#)

Recovery Path

Recovery Path incorporates aspects of Motivational Therapy, Cognitive Behavioural Therapy and Community Reinforcement to boost your treatment and recovery plan. There's too much content to detail here, but it's very well designed and easy to use, so download it and try it out! Available on Google Play and App Store:

www.recoverypath.com

Drinkaware

This app helps you track your drinking from day to day, provides you with your current risk level, and also offers a GPS function that can offer you some encouragement if you're near a 'trigger' location for you. Available on Google Play and App Store:

www.drinkaware.co.uk

Alcodroid

Alcodroid is a very easy to use drink tracker, and allows you to easily see your alcohol consumption over time. You can add in your own presets for drinks, then you simply tap on them when you start the drink, and tap again when you finish it. This is an especially helpful tool when trying to cut down your alcohol intake gradually, and gives you a visual guide of your progress. It also estimates the alcohol level in your body, although it must be stressed that this is for illustrative purposes only, and must not be used as guidance for driving etc.

www.play.google.com

Organisations with an asterisk are NOT 12 step Fellowships. Please check if free of charge.*

Alcohol recovery

AA – Alcoholics Anonymous

For those seeking help with an alcohol problem. Personal recovery and continued sobriety of individual alcoholics who turn to the Fellowship for help.

www.alcoholics-anonymous.org.uk

[0800 9177 650](tel:08009177650)

help@aamail.org

Addicts Anonymous

A fellowship that has found a way to extend the original Program of Alcoholics Anonymous effectively to any and all addicts.

<http://www.alladdictsanonymous.org>

DrinkLine*

0800-917 8282

Drug recovery

NA – Narcotics Anonymous

A society of men and women for whom drugs have become a major problem. Offering support for those with a drug problem.

www.ukna.org 0300 999 1212

(10am – Midnight) meetings@ukna.org

Online meetings: www.online.ukna.org

CA – Cocaine Anonymous

For those seeking help with cocaine or ANY mind-altering substance.

www.cocaineanonymous.org.uk

0800 612 0225

helpline@cauk.org.uk

Online meetings and connections world-wide: www.ca-online.org

CMA – Crystal Meth Anonymous

To help those who have common problems with crystal meth addictions. CMA are active across the USA, as well as Amsterdam and London.

www.crystalmeth.org [Local contact list](#)

Drug Addicts Anonymous

Hold regular meetings for any drug addict seeking help with their problem. <http://www.drugaddictsanonymous.org.uk>

<http://www.daausa.org>

HA – Heroin Anonymous

Those need help with Heroin addiction and recovery.

www.heroinanonymous.org

Heroin Helpline*

020-7749 4053 (office hours)

MA – Marijuana Anonymous

The only requirement for membership is a desire to stop using marijuana.

www.marijuana-anonymous.org

0300 124 0373

helpline@marijuana-anonymous.org.uk

NicA – Nicotine Anonymous

For those who need help and recovery with Nicotine addiction.

www.nicotine-anonymous.org

Online meetings available.

PA – Pills Anonymous

For those seeking recovery from prescription pill addiction. Active worldwide.

www.pillsanonymous.org

[Link to the contact form](#)

CITA*

Council for Information on Tranquillisers & Antidepressants

<http://www.citawithdrawal.org.uk>

Sex and Relationships recovery

SA – Sexaholics Anonymous

To share experiences of being a Sex Addict or recovering from Sex addiction.

www.sa.orgsaico@sa.org

SAA – Sex Addicts Anonymous

For those who suffer or need help with sex and pornography.

www.saa-recovery.org

www.saauk.info/en

[07748168164](tel:07748168164)

[07585091502](tel:07585091502)

info@saauk.info

Women preferring to email women: women@saauk.info

SCA – Sexual Compulsives Anonymous

For those who require help or support with compulsive sex addiction.

www.sca-recovery.org

SIA – Survivors of Incest Anonymous

For those who survived childhood sexual abuse and need help.

www.siawso.org

SLAA – Sex and Love Addicts Anonymous

Support for problems with sex addiction, love addiction, romantic obsession, co-dependent relationships, fantasy addiction and/or sexual, social and emotional anorexia.

www.slaauk.org

[07984977884](tel:07984977884)

contact@slaauk.org

SRA – Sexual Recovery Anonymous

For those that need help with sex addiction or compulsive sexual behaviour.

www.sexualrecovery.org

info@sexualrecovery.org

Terence Higgins Trust

Information about HIV, other sexually transmitted infections and how to maintain good sexual health. Resources for people living with HIV and those newly diagnosed.

<https://www.tht.org.uk/>

Family and Friends of addicts services

ACA – Adult Children of Alcoholics

Supporting people who grew up in alcoholic or otherwise dysfunctional homes.

www.adultchildrenofalcoholics.co.uk

[07786 930357](tel:07786930357)

info@acoa.uk

Al-Anon

Offering support for the friends and families of people who struggle with addictions.

www.al-anonuk.org.uk

[0800 0086 811](tel:08000086811)

Contact Form: www.al-anonuk.org.uk/contact

Alateen

For people aged 12-20 affected by someone else's drinking.

<https://www.al-anonuk.org.uk/alateen>

COANON

Support for relatives or close friends of someone who is chemically dependent.

www.co-anon.org.uk

[07446909288](tel:07446909288)

info@co-anon.org.uk

Cosa (was Codependents of Sex Addicts)

For recovery from sexual codependency

<http://www.cosa-recovery.org>

FA – Fam-Anon

Providing support for the relatives and friends of those who struggle with addictions.

www.famanon.org.uk

[0207 4984 680](tel:02074984680)

office@famanon.org.uk

GamAnon UK

A fellowship for those who have been affected by a loved one's gambling. Meetings are held on the same nights as GA but in different rooms. Both groups do not share information with each other.

www.gamanon.org.uk

GAMCARE

Resources and support for all people affected by gambling addiction.

www.gamcare.org.uk

[0808 8020 133](tel:08088020133)

Nar-Anon

The Nar-Anon Family Groups is primarily for those who know, or have known, a feeling of desperation concerning the addiction problem of someone very near to them.

www.nar-anon.org

wso@nar-anon.org

Nacoa* (National Association for Children of Alcoholics)

Information, advice and support for everyone affected by a parent's drinking.

<http://www.nacoa.org.uk>

<http://www.nacoa.org>

S-Anon

For people affected by someone else's sexual behaviour

<http://www.sanon.org>

Food recovery

FA – Food addicts anonymous

For those who want to recover from food addiction.

www.foodaddicts.org

FA@foodaddicts.org

FAA – Food Addicts Anonymous

For those who need help with obesity, under-eating, bulimia and over-exercising.

www.foodaddictsanonymous.org

Contact Form: www.foodaddictsanonymous.org/contact

BEAT

Their mission is to end the pain and suffering caused by eating disorders.

<https://www.beateatingdisorders.org.uk/>

Food Addicts In Recovery Anonymous

Help with food obsession, bulimia, overeating or undereating.

<http://www.foodaddicts.org>

OA – Overeaters Anonymous

A community supporting each other to recover from compulsive eating and food behaviours.

www.oagb.org.uk

[07798587802](tel:07798587802)

general@oagb.org.uk

Mental health and addiction

DDA – Dual Diagnosis Anonymous

DDA is run by a core group of members who have all experienced mental health/substance misuse/dependency issues.

www.ddauk.org

Bullying*

& National Bullying helpline:

<http://www.bullyonline.org>

Depression Alliance*

Self-help groups, workshops & conferences.

<http://www.depressionalliance.org>

Net*

Internet addiction in all forms.

<http://www.netaddiction.com>

Samaritans*

For anyone feeling low, depressed or suicidal.

<http://www.samaritans.org>

Well-being and Emotions recovery

CLA – Clutterers Anonymous

For those needing help and recovery with clutter addictions.

www.clutterersanonymous.org

Online meetings at: www.cla-uk.org

Contact Form: www.clutterersanonymous.org/contact-us

CODA – CoDependents Anonymous

Offering support for people who are seeking healthy relationships.

www.codauk.orgenquiries@codauk.org

Cruse Bereavement Care*

<http://www.cruse.org.uk>

EA – Emotions Anonymous

An international fellowship of men and women who desire to improve their emotional well-being. Online meetings are available worldwide.

www.emotionsanonymous.org

[Link to contact form](#)

Computer Gaming Addicts Anonymous

For people recovering from the problems resulting from excessive game playing.

cgaa.info

NA – Neurotics Anonymous

A 12-step recovery peer support program for anyone who suffers from a mental or emotional illness.

www.recovery.org

OCD action*

Information & support for people with obsessive compulsive disorder

<http://www.oed-uk.org>

Online Gamers Anonymous

Support for those recovering from problems resulting from excessive game playing.

<http://www.olganon.org/home>

RA – Racists Anonymous

For those who need help recovering from racism.

www.rainternational.orginfo@racistsanonymous.com

Gambling recovery and Money problems

DA – Debtors Anonymous

Supporting people who habitually and addictively end up in debt.

www.debtorsanonymous.org.uk

[0207 1177 533](tel:02071177533) (Leave a message)

help@debtorsanonymous.org.uk

GA – Gamblers Anonymous

A fellowship of men and women who have joined together to do something about their own gambling problems and to help other compulsive gamblers do the same.

www.gamblersanonymous.org.uk

[0330 094 0322](tel:03300940322)

info@gamblersanonymous.org.uk

UA – Under-earners Anonymous

A 12-step Fellowship of people who have come together to help themselves, and one another, recover from under-earning.

www.underearnersanonymous.org

Contact Form: www.underearnersanonymous.org/contact

WA – Workaholics Anonymous

For those who want help and support with being, living with, or knowing a workaholic.

www.workaholics-anonymous.org

Religious and Spiritual recovery

RD – Recovery Dharma

Using Buddhist practices of mediation, self-inquiry, wisdom, compassion and community to help addicts to recovery.

[Meetings list Google doc](#)

www.recoverydharma.org

Contact Form: www.recoverydharma.org/contact

RR – Refuge Recovery

Refuge Recovery helps those suffering from addiction by using Buddha's teaching techniques.

www.refugerecovery.org

refugerecoveryworldservices@refugerecovery.org

TNS – The Noble Steps

Incorporates the 12 steps and the four noble truths to assist with recovery from addiction.

www.thenoblesteps.com

Contact Form: www.thenoblesteps.com/contact

Celebrate Recovery (Christian)

For those who want to recover using the help of the church.

www.celebraterecovery.com

Meeting Locator: www.locator.crgroups.info

Muslim Youth Helpline*

Confidential counselling service for young muslims in need - many languages spoken.

<http://www.myh.org.uk>

Secular recovery

Smart Recovery (for all addictions)

Mutual support meetings are free and open to anyone seeking science-based, self-empowered addiction recovery.

www.smartrecovery.org

[0330 053 6022](tel:03300536022)

Contact Form: www.smartrecovery.org.uk/contact-us

Agnostic/Secular AA meetings

Treatment and recovery for alcoholics; helping addicts stay sober through art, meditation, and participation in secular AA and other programs.

www.secularaa.org

Contact Form: www.seculars.org/contact

Lifering

LifeRing Secular Recovery offers support for addiction recovery. We offer recovery meetings led by peers to support your pathway to recovery.

<https://lifering.org/>