

## Free Mutual Aid Support for Addiction in Wolverhampton



### Narcotics Anonymous

Narcotics Anonymous is a global, community-based organization with a multi-lingual and multicultural membership. NA was founded in 1953, and our membership growth was minimal during our initial twenty years as an organization. Since the publication of our Basic Text in 1983, the number of members and meetings has increased dramatically. Today, NA members hold nearly 67,000 meetings weekly in 139 countries. We offer recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings. The group atmosphere provides help from peers and offers an ongoing support network for addicts who wish to pursue and maintain a drug-free lifestyle. Our name, Narcotics Anonymous, is not meant to imply a focus on any particular drug; NA's approach makes no distinction between drugs including alcohol. Membership is free, and we have no affiliation with any organizations outside of NA including governments, religions, law enforcement groups, or medical and psychiatric associations. Through all of our service efforts and our cooperation with others seeking to help addicts, we strive to reach a day when every addict in the world has an opportunity to experience our message of recovery in his or her own language and culture.

**Website** <https://www.na.org/?ID=PR-index>

**Helpline** 0300 999 1212

**Local Meeting** Darlington Street Methodist Church, 24 School Street, Wolverhampton, WV1 4LF  
Every Friday Evening at 7:30pm



### Cocaine Anonymous

Cocaine Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from their addiction. The only requirement for membership is a desire to stop using cocaine and all other mind-altering substances. There are no dues or fees for membership; we are fully self-supporting through our own contributions. We are not allied with any sect, denomination, politics, organization, or institution. We do not wish to engage in any controversy and we neither endorse nor oppose any causes. Our primary purpose is to stay free from cocaine and all other mind-altering substances, and to help others achieve the same freedom. We use the Twelve Step Recovery Program, because it has already been proven that the Twelve Step Recovery Program works.

**Website** <http://www.cauk.org.uk/index.asp>

**Helpline** 0300 111 2285

**Local Meeting** St Patricks Church Hall, 299 Wolverhampton Road, Wednesfield, WV10 0OQ  
Every Sunday at 5pm



### **SMART Recovery**

SMART Recovery (SMART) is a science-based programme to help people manage their recovery from any type of addictive behaviour. This includes addictive behaviour with substances such as alcohol, nicotine or drugs, or compulsive behaviours such as gambling, sex, eating, shopping, self-harming and so on. SMART stands for ‘Self Management And Recovery Training’. SMART began in 1994 in the United States. It has grown into a worldwide network of self-help meetings, both face-to-face and online, where participants can get help from others in recovery. SMART operates as a non-profit organisation in many countries including the United States, the UK, Canada and Australia. There is no single approach to recovery that is right for everyone. Research into various recovery methods and therapies suggests that mutual aid can help recovery and so can treatment – a combination of the two is probably even better for many people. SMART Recovery helps participants decide whether they have a problem, builds up their motivation to change and offers a set of proven tools and techniques to support recovery. This is the SMART Recovery 4-point programme:

1. Building and maintaining motivation
2. Coping with urges
3. Managing thoughts, feelings and behaviours
4. Living a balanced life

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

**Contact** 0845 603 9830

**Local Meeting** Thornhurst, 1 Connaught Road, Wolverhampton, WV1 4SJ

Every Wednesday Evening at 6:30pm



### **Service User Involvement Team**

SUIT is an established, peer led and managed service available in Wolverhampton. We offer a range of services to those suffering from addiction and wanting to seek recovery. We offer access to thousands of opportunities to better peoples’ lives – such as education, training, employment, welfare & housing support, volunteering, debt and general advice. We offer recreational activities, participatory activities and strategic involvement. We believe that every human has the right to live a life that has meaning and purpose and dedicate our approach to raise awareness and self-belief. We deliver training to schools, colleges and housing associations – and try to tackle stigma and prejudice at every opportunity. The SUIT volunteer programme was awarded the highest accolade in the UK for a community or voluntary organisation in 2015 – The Queens Award for Voluntary Service.

**Website** <http://www.suiteam.com/>

**Contact** 01902 328983

**Location** WVSC Building, 16 Temple Street, Wolverhampton, WV2 4AN

Drop in Monday to Thursday 9am to 5pm and Friday 9am to 4:30pm





### **Alcoholics Anonymous**

If you seem to be having trouble with your drinking, or if your drinking has reached the point of where it worries you, you may be interested to know something about Alcoholics Anonymous and the AA programme of recovery from alcoholism.

Determine for yourself whether or not alcohol has truly become a problem for you. And remember that you will always be most welcome to join the thousands of men and women in AA who have put their drinking problems behind them and now lead "normal" lives of constructive, day by day sobriety.

**Website** <http://www.alcoholics-anonymous.org.uk/>

**Helpline** 0800 9177 650

**Local Meeting** Various local meetings available, please contact them or visit their website for more information.