





	<p>The EDGE Family & Friends Group Peer led, confidential, supportive group for family and friends of those affected by alcohol or drugs. Mondays 6.30-8pm at The EDGE Café, 351 Mill Rd, Cambridge. Just turn up. Adults 18+. TEL: 07848 871 323 EMAIL: gail@theedgecafecambridge.com</p>									
 <p>Change Grow Live</p>	<p>Change Grow Live CGL offers a support service for the families of adults who misuse drugs or alcohol. They are able to provide a safe and confidential place to talk, offer information and coping strategies, and signpost to other relevant services. To find out more call CGL on the numbers given below:</p> <table border="0"> <tr> <td>Cambridge City</td> <td>T: 0300 555 0101</td> <td>(option 1)</td> </tr> <tr> <td>Huntingdon</td> <td>T: 0300 555 0101</td> <td>(option 2)</td> </tr> <tr> <td>Wisbech</td> <td>T: 0300 555 0101</td> <td>(option 3)</td> </tr> </table>	Cambridge City	T: 0300 555 0101	(option 1)	Huntingdon	T: 0300 555 0101	(option 2)	Wisbech	T: 0300 555 0101	(option 3)
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	<p>AdFam Improving life for families affected by drugs and alcohol. Helpline: 10:00am - 10:00pm T: 020 3817 9410 Web: adfam.org.uk</p>									
	<p>Adolescent Support - CASUS (Cambridge Adolescent Substance Use Support) CASUS offer advice and support to parents/ carers and professionals who work with young people who have any type of concerns about substances.</p> <table border="0"> <tr> <td>Huntingdonshire and Fenland</td> <td>Cambridge City, South and East</td> </tr> <tr> <td>T: 01480 445316</td> <td>T: 01223 214614</td> </tr> <tr> <td>E: casus@cpft.nhs.uk</td> <td>E: asus@cpft.nhs.uk</td> </tr> </table>	Huntingdonshire and Fenland	Cambridge City, South and East	T: 01480 445316	T: 01223 214614	E: casus@cpft.nhs.uk	E: asus@cpft.nhs.uk			
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	<p>Addiction Family Support 0300 888 3853 Talk with someone who understands the challenges caused by a loved one's harmful use of alcohol, drugs or gambling.</p>									
	<p>Al-Anon Al-Anon is a mutual support group for people who have been affected by a loved one's drinking. Call the confidential Helpline on 0800 0086 811 (UK residents) 01 873 2699 (Eire residents) or email helpline@al-anonuk.org.uk</p>									
	<p>NAR-ANON UK Sharing experience, strength, and hope. A 12-step program designed to help relatives and friends of addicts recover from the effects of living with an addicted relative or friend. Our program of recovery uses Nar-Anon's Twelve Steps and Twelve Traditions. The only requirement to be a member and attend Nar-Anon meetings is that there is a problem of drugs or addiction in a relative or friend. Email: info@nar-anon.co.uk Tel:0845 5390 193</p>									