




	<p>The EDGE Recovery Group Confidential, non-judgemental support, advice and relapse prevention led by those with lived experience for those struggling with or in recovery from drug and alcohol misuse. Mondays 12-1pm 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 is a free and confidential drug and alcohol service for adults (including offenders), family members, carers and affected others.</p> <p>Cambridge City T: 0300 555 0101 (option 1) Huntingdon T: 0300 555 0101 (option 2) Wisbech T: 0300 555 0101 (option 3)</p>
	<p>Alcoholics Anonymous (12 step recovery for alcohol misuse) National Helpline T: 0800 9177 650 E: help@aamail.org Web: alcoholics-anonymous.org.uk</p>
	<p>Narcotics Anonymous (12 step recovery for drug and alcohol misuse) Helpline: 10.00am - midnight T: 0300 999 1212 Web: ukna.org</p>
	<p>COCAINE ANONYMOUS CAUK AREA (12 step recovery for drug and alcohol misuse) Need help with a drug or alcohol problem? Email: helpline@cauk.org.uk or call: 0800 612 0225</p>
	<p>Adolescent Support - CASUS (Cambridge Adolescent Substance Use Support)</p> <p>CASUS offers information, support and specialist treatment for young people (under 18) who have any kinds of concerns about substances. They also offer advice and support to parents/ carers and professionals who work with young people.</p> <p>Huntingdonshire and Fenland T: 01480 445316 E: casus@cpft.nhs.uk</p> <p>Cambridge City, South and East T: 01223 214614 E: asus@cpft.nhs.uk</p>