If you feel like you’re having problems with drinking, drug use or addiction, or you’re worried about someone else’s drug or alcohol use, there are many ways to get help and support. Here in these pages, we have information about organisations and services who can help.

### Alcohol

- Responsible drinking
- Worried about someone’s drug or alcohol use?

### Drugs

### Other information and advice

- Needle exchanges
- Jobs and education advice for people with a drug or alcohol problem
- Mental health and drug or alcohol problems