Worried about someone's drug or alcohol use?

Are you worried that someone you know is using drugs or drinking more alcohol than is good for them? We know that this can be very difficult to cope with. You can't be responsible for others, but one of the most important things you can do for people who are using drugs or drinking too much is to encourage them to accept support or treatment; you will find information in this section about organisations who can provide this support and treatment.

As well as helping your friend or relative, you might need some help and support yourself; it is only natural to be worried or upset when you see someone you care about struggling with drugs or alcohol.

People who can help you

- Support in Hammersmith and Fulham, Westminster and Kensington and Chelsea
- Support for younger people
- General
- Other information and advice