

# Support network

Organisation	Contact
NHS	<a href="http://www.nhs.uk/live-well">www.nhs.uk/live-well</a>
Drink Aware	<a href="http://www.drinkaware.co.uk">www.drinkaware.co.uk</a>
Counselling Directory	<a href="http://www.counselling-directory.org.uk">www.counselling-directory.org.uk</a>
Turning Point	<a href="http://www.turning-point.co.uk">www.turning-point.co.uk</a>
Samaritans Cymru	<a href="#">Samaritans Cymru</a>
Alcohol Change	<a href="http://www.alcoholchange.org.uk">www.alcoholchange.org.uk</a>
AA	<a href="http://www.alcoholics-anonymous.org.uk">www.alcoholics-anonymous.org.uk</a>
Cyfarfod Cymraeg AA	<a href="#">Cyfarfod Cymraeg AA / AA Welsh Language Monthly Meeting</a>
Mind	<a href="http://www.mind.org.uk">www.mind.org.uk</a>
Shout	Text: 85258 <a href="http://www.giveusashout.org">www.giveusashout.org</a>