



# UK LIVED EXPERIENCE SUPPORT FOR ADDICTIONS

Alcohol, Drugs & Behavioural addictions & Affected Others

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**Click on Links in the sections to be directed to web sites**

## Alcohol

[Smart recovery UK](#)

[Alcoholic Anonymous](#)

[No More Pretending  
\( Punjabi community\)](#)

[Lived experience  
Recovery Map](#)

## Drugs

[Smart recovery UK](#)

[Narcotics Anonymous](#)

[Cocaine Anonymous](#)

[Solvent addiction](#)

[Lived experience  
Recovery Map](#)

[Dual Diagnosis Anon](#)

[DAA](#)

## Gambling

[Peer Aid](#)

[Smart recovery UK](#)

[Gamblers Anonymous UK](#)

[GA Scotland](#)

[Afariad - Wales](#)

[Reframe](#)

[GamFam](#)

[EPIC Restart](#)

## Gaming/Internet

[Gaming Anonymous](#)

[ITAA](#)

[OLGANON](#)

## Other Addictions

[OCD Addiction](#)

[Obesity UK](#)

[Workaholics  
anonymous](#)

[Clutterers Anonymous](#)

[OAGB - Eating Issues](#)

[Hoarding UK](#)

[Sex addiction](#)

[Eating Disorders Anon](#)

## Affected Others

[Adfam](#)

[Famanon](#)

[Adult Children  
of Alcoholics](#)

[Alanon](#)

[Carers UK](#)

[Drug Fam](#)

## Affected Others

[Scottish Families](#)

[Co-dependency Anon](#)

[Family Rights Group](#)

[Survivors of  
bereavement \(suicide\)](#)

[GamCare for AOs](#)

[GAMFAM](#)

## Mental Health

[MIND Support group](#)

[UMHAN mental health](#)

[Rethink - Mental health](#)

[Napac: survivors of  
child abuse](#)

[BPolar UK](#)

[Body Dismorphia](#)