

# Info, Apps, Websites and Helplines for Parents

## Drug and Alcohol Misuse:

<http://www.somersetdap.org.uk/index>

Somerset Drug and Alcohol Service, giving advice and support to adults and young people about their own misuse and those supporting misusers.

<http://www.talktofrank.com/>

Free and Confidential drug advice

<http://www.al-anonuk.org.uk/>

Support for friends and families of alcoholics

<http://www.adfam.org.uk/>

Support for friends and families of drug users