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**Themes:** Addiction, Counselling, Health and Wellbeing, Healthier Lives, Mental Health

**Aimed at:** Adults 18+

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions.

AA is not allied with any sect, denomination, politics, organisation or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

**Area:**

### **Contact Details**

Alcoholics Anonymous

PO BOX 1

Y01 7NJ

[help@aamail.org](mailto:help@aamail.org)

Free Phone -08009177650

<http://www.alcoholics-anonymous.org.uk>

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