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

**Aimed at:** All People

Al-Anon Family Groups UK & Eire is there for anyone whose life is or has been affected by someone else's drinking.

Our members provide meetings in all major towns and cities and are committed to being there for you when you need help. Whatever your relationship with the drinker, you will find other people who have similar stories to tell. You will realise that you are not alone. Listening to the shared experiences of others may help you find the confidence you need to deal with the effects of someone else's drinking. You will find it is possible to rediscover happiness, whether the alcoholic is still drinking or not.

Your anonymity is protected by using first names only. You will not be asked to reveal your surname or any other details about your identity or that of the drinker. Anything discussed within an Al-Anon meeting is treated as confidential, including your presence at the meeting.

We are widespread, with more than 700 groups throughout the UK and Eire alone. If getting to a meeting is not easy for you, you are welcome to join an online meeting. These are organised by the World Service Office (WSO) and accessible via the US website: <https://www.al-anon.org>

Al-Anon meetings are free. We only accept donations from members towards running costs and literature so that we can be self-supporting. We only give what we can afford.

What we are not

Al-Anon is not a therapy group. We don't offer counselling or advice or try to explain your experiences.

We are not a religious organisation and welcome those of all faiths and none, treating everyone as equals. We discourage discussion about religion, politics and other outside topics.

Above all, Al-Anon is about helping you to find solace with and support from others who have been affected by their relationship with a drinker.

**Area:** Bassetlaw, Bolsover

### **Contact Details**

Al-Anon Family Groups UK & Eire

57B Great Suffolk Street

SE1 0BB

[helpline@al-anonuk.org.uk](mailto:helpline@al-anonuk.org.uk)

0800 0086 811

<https://al-anon.org/>

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