

Drug and alcohol support

Worried about your or a loved one's use of drugs or alcohol?

In Newcastle, there are many free confidential support services available, without a waiting list, for all kinds of people and all kinds of substances. If you're worried about your own or someone else's use of drugs or alcohol, read more or watch the video below:

Read more about local help and support with [addictions](#) or [alcohol](#) on InformationNOW.

Support

[Newcastle Treatment and Recovery Service \(NTaR\)](#) is a community drug and alcohol service for anyone in Newcastle experiencing problems with or affected by drugs and alcohol. Support is available for people of all ages and with all substances. They can help you with

- safer injecting support and needle exchanges
- medical support: this includes prescribing substitute medications and detoxification programmes
- nursing care for addiction
- a dedicated Recovery Coordinator to motivate and support you
- recovery support: ongoing services to help with your next steps into employment, housing and health
- support, however long your recovery journey takes
- activities such as gardening, exercise therapy and peer support

[PROPS North East](#) supports families, carers and friends affected by a loved ones drug or alcohol misuse across Newcastle and North Tyneside. They offer:

- one to one support and peer support groups
- counselling
- substance misuse training
- Carer and family training
- respite breaks
- emotional support and advice by telephone
- emergency out of hours telephone helpline
- Young Persons Programme
- [Vita Health](#) mental health support for carers
- Zoom 1 to 1 and group sessions

Mental health support such as talking therapies, counselling, support groups and self help resources are available in Newcastle.

Recovery Support Services

You can get help from local recovery support services. Read more about help available in Newcastle on our [addictions page](#). This includes:

- [Alcoholics Anonymous \(AA\)](#)
 - [Narcotics Anonymous \(NA\)](#)
 - [North East Council for Addictions \(NECA\)](#)
 - [ReCoCo: The Recovery College College](#)
 - [Changing Lives](#)
 - [Al-Anon Family Groups](#)
 - [SMART Recovery](#)
-

Support forums

[The Newcastle Drug and Alcohol Service User and Carer Forums](#) is for adults who are affected by drug and alcohol use and their carers. They run 2 forums. Contact them to take part in their forums:

Newcastle User Carer Forum is for people who support someone in Newcastle who uses drugs, alcohol or both. At the forum you can help to improve a treatment and recovery services in Newcastle. you can talk about your experiences and get your voice heard. You can chat to other carers and raise any issues that you have. The forum meets 4 times a year at different venues across the city.

The Newcastle Service User and Carer Forum is for service users, carers of people who are in and out of treatment and the recovery community. The forums are an opportunity to chat and to raise any issues that you may have. It also provides a supportive place for peer led activities, training, volunteer opportunities, advocacy, and mentoring. The forum meets every 2 weeks from 12pm until 2pm at [ReCoCO: The Recovery College](#).

Young people

[YMCA Newcastle](#) youth workers offer confidential support, information and advice to young people. They can help with a range of issues such as: drug and alcohol misuse, housing and financial hardship.

Domestic or adult abuse

If you are experiencing [domestic abuse](#) or [other types of abuse](#) because of drug or alcohol use, read more about [local help and support on InformationNOW](#)

If you find used drug equipment in a public place

If you find any used drug equipment such as needles or syringes left in a public place, such as the street or local park, you should report it to [Your Local Services at Newcastle City Council](#).

If you have information about drug dealing

If you have information about drug dealing that may help the Police, or you suspect that drug dealing may be taking place, call [Northumbria Police](#).

If you wish to remain anonymous you can report concerns confidentially to [Crimestoppers](#).

[Fearless.org](#) provides non-judgemental information and advice about crime. You can send information about a crime anonymously using their website. It educates and empowers young people about crime, allowing them to feel Fearless when speaking up against crime.

How to report problems in your neighbourhood

If you are concerned about the use of drugs or alcohol in your neighbourhood, call [Northumbria Police](#).

See [Ways to report crime and community safety issues](#) for more information.

Other useful organisations

[NHS 111](#) is the new telephone service which has replaced NHS Direct. You can call 111 when you need medical help fast but it's not a 999 emergency.

[NHS.UK](#) is a website providing health and medical advice, an online symptom checker and a facility for searching for services near you.

[Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust](#) provides NHS mental health, learning disability and specialist services across Newcastle.

[The British Liver Trust](#) provide free support for anyone affected by a liver condition. They have a free telephone helpline staffed by expert liver nurses. You can talk to them if you or someone you love has been affected by liver disease or liver cancer, or you are worried about your liver health. They also have online support groups, an online community on Health Unlocked and a liver health screening tool.

Last updated: April 28, 2026

Useful Organisations

We are with you

Website: <https://www.wearewithyou.org.uk/>

Telephone: 01429 285 000

Address: 67-69 Cowcross Street, EC1M 6PU

Kinship – formerly Grandparents Plus

Email: info@kinship.org.uk

Website: www.kinship.org.uk

Telephone: 03300 167 235

Address: The Foundry , SE11 5RR

Clean Slate

Email: hello@cleanslateuk.com

Website: www.cleanslateuk.com

Telephone: 07759 032 646

Address: Clean Slate , NE1 6UF

Northumbria Police

Website: www.northumbria.police.uk

Telephone: 101

NHS 111

Website: www.nhs.uk/111

Telephone: 101

Crimestoppers

Website: <https://crimestoppers-uk.org>

Telephone: 0800 555 111

Address: Crimestoppers Trust, SM6 6BG

PROPS

Email: office@propsnortheast.org.uk

Website: www.props.org.uk

Telephone: 0191 226 3440

Address: Fenham Library, NE4 9XD

Newcastle Treatment and Recovery (NTaR) Drug and Alcohol Service

Email: NTARreferrals@cntw.nhs.uk

Website: <https://www.cntw.nhs.uk/services/drug-alcohol-service-addictions-services-newcastle/>

Telephone: 0191 206 1117

Address: Plummer Court, NE1 6UR

Safe Newcastle

Email: safenewcastleadmin@newcastle.gov.uk

Website: <https://www.safenewcastle.org.uk/>

Telephone: 0191 206 1117

Fearless.org

Website: <https://www.fearless.org>

Telephone: 020 8835 3700

Address: Crimestoppers Trust, SM6 6BG

Newcastle Drug and Alcohol Service User and Carer Forums

Email: publichealthadmin@newcastle.gov.uk

Website: <https://www.newcastle.gov.uk/services/public-health-wellbeing-and-leisure/public-health-services/drugs-and-alcohol>

Telephone: 020 8835 3700

George Street Social

Email: info@roadtorecoverytrust.org.uk

Website: <https://www.roadtorecoverytrust.org.uk/>

Telephone: 0191 691 5280

Address: George Street Social, NE4 7JN

British Liver Trust

Website: <https://britishlivertrust.org.uk/>

Telephone: 01425 481 320

Address: British Liver Trust Venta Court, SO23 8FE

Changing Lives

Email: central.office@changing-lives.org.uk

Website: <http://www.changing-lives.org.uk>

Telephone: 0191 273 8891

Address: Unit D13 Marquis Court, NE11 0RU

SMART Recovery

Website: <https://smartrecovery.org.uk/>

Telephone: 0330 053 6022

Address: UK SMART Recovery, ST3 9GU

Newcastle Recovery Academy

Email: nraspoc@waythrough.org

Website: www.waythrough.org.uk/newcastle-recovery-academy

Telephone: 0330 053 6022

Address: 1st Floor, NE1 6UF

Waythrough

Email: info@waythrough.org.uk

Website: <https://www.waythrough.org.uk/>

Telephone: 01325 731 160

Address: Waythrough, DH6 5PF

Related Articles

[Introduction to Complementary Therapies](#)

[Mental health emergency or crisis services](#)

[Support for addictions and harmful behaviours](#)

[Anti-social behaviour](#)

[Mental Health](#)

[Alcohol](#)

[Domestic abuse](#)