

National Association for Children of Alcoholics (NACOA)

National Association for Children of Alcoholics (NACOA) is a charity in the United Kingdom providing information and support for everyone affected by their parent's drinking through a free, confidential telephone and email helpline. Calls are free and confidential, you can read more about this in the [Nacoa Promise](#)

They also produce resources such as help guides, factsheets and children's stories.

Last updated: October 24, 2025

Telephone: 0800 358 3456

Telephone note: Helpline:

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

Email: helpline@nacoa.org.uk

Twitter: <https://twitter.com/NacoaUK>

Facebook: <https://www.facebook.com/nacoauk/>

Youtube: <https://www.youtube.com/channel/UCjH3lIBr0UNwg52ZHAtWxrw>

Opening Hours: Monday to Saturday 10am to 7pm

Cost: Free

Address:

NACOA
PO BOX 64
Bristol
BS16 2UH

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