Information NOW
Information for people in Newcastle upon Tyne

FRANK

FRANK is a free confidential drugs and alcohol telephone helpline. They provide advice, information and support to anyone who is worried about drug and solvent use. You can speak to them if you are a: drug user, recovering or past user, friend, family member or carer of someone who is using drugs.

You can speak to trained specialists who will answer your questions, give you information on local support services and practical advice.

They have a Live Online Chat service available every day from 2pm to 6pm or you can text or email them your questions.

Last updated: January 12, 2023

Website: www.talktofrank.com

Helpline: 0300 123 6600

24 hours a day, 7 days a week
Textphone: 82111

Email: frank@talktofrank.com

Opening Hours: Telephone helpline open 24 hours a day 7 days a week
Live Online Chat open every day 2pm to 6pm
Website available 24 hours a day 7 days a week

Cost: Free

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