Information NOW
Information for people in Newcastle upon Tyne

Detox Today

Detox Today with James McInally provides information and support for adults who are concerned about their drinking, want to cut down or stop, or want help staying stopped. Family members and friends can also use its information. People across the UK can visit the website or contact James by phone or email for free initial guidance about alcohol support options.

The website offers free resources, including the complete book *Alcohol: Cut Down. Stop. Stay Stopped.*, an Alcohol Change Toolkit with practical exercises, and information about women and alcohol. James can also explain how to find NHS, charity, community or private services. Independent healthcare professionals provide medical assessments and treatment. Detox Today may receive commission for some introductions to private medical services.

Free resources: https://www.detoxtoday.co.uk/free-alcohol-recovery-resources/

People who may be physically dependent on alcohol should seek medical advice before suddenly stopping or reducing their drinking.

Last updated: October 28, 2026

Telephone: 0800 0096675

Telephone note: Freephone

Website: https://www.detoxtoday.co.uk/

Helpline: 08000096675

Freephone Help & Advice
Mobile: 07469190806

Email: info@detoxtoday.co.uk

Facebook: https://www.facebook.com/detoxtodaywithjames

Youtube: https://www.youtube.com/@DetoxTodaywithJames

Opening Hours: 8am - 8pm, Monday to Sunday.

Cost: There may be a cost to this service/support

Address:
34 Thane Road
G13 3YL