

Narcotics Anonymous (NA)

Narcotics Anonymous (NA) is for people who have a problem with drugs. They can help you to get and stay clean. They have a telephone helpline and regular face to face and online meetings. The group is run by recovering drug addicts. Their meetings are open to people who are still taking drugs and people who have stopped. Family members and carers can also attend.

Visit their website to find your local meeting. You don't need to make an appointment, you can just turn up to a meeting. There are no waiting lists. They run 3 types of meetings:

- **Open to All:** anyone to attend, including family members, friends or professionals
- **Open by Request**
- **Addicts only:** for drug addicts or people who think they may have a problem with drugs

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Website: <https://ukna.org/>

Helpline: 0300 999 1212

10am to 12am (midnight)

Email: helpline@ukna.org

Facebook: <https://www.facebook.com/UK-Narcotics-Anonymous-Public-Information-1113460348698616/>

Opening Hours: Helpline 10 am to 12am midnight

Cost: Free

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