



Addiction Support Groups - Websites and Help Lines

(Updated 10th September 2020)

<p>Alcoholics Anonymous</p>	<p>AA Sydney Metropolitan Meetings:</p>	<p>http://www.aa.org.au/meetingsfind-meetings/</p> <p>Alcoholics Anonymous Helpline 1300 222 222</p>
<p>AL ANON</p>	<p>Sydney Metropolitan Meetings:</p>	<p>https://www.al-anon.org.au/meetings/search/Sydney</p> <p>Electronic al anon meetings https://al-anon.org.au/electronic</p>
<p>Butterfly Foundation</p>	<p>Support and referral for people who have an eating disorder</p>	<p>https://butterfly.org.au/</p> <p>Ph: 1800 33 4673 Mon-Fri 8am-12am</p>

Gamblers Anonymous	Support Groups for people with gambling addictions	https://gaaustralia.org.au/meetings/?tsml-day=any&tsml-region=nsw (includes Zoom Meetings)
Narcotics Anonymous	Support Groups for people with narcotic addictions	https://www.na.org.au/multi/meetings/ online meetings https://www.na.org.au/multi/online-meetings/
Nicotine Anonymous	Support group for people who are giving up smoking	https://www.na.org.au/multi/meetings/ (includes Zoom Meetings) Ph: 9294 6513
Overeaters Anonymous	Support group for people who are recovering from compulsive overeating	http://www.oasydney.org/sydney-meetings/ (includes Zoom Meetings) Ph: 9518 3004 Mon-Fri 9am-5pm
Quit Line	Support for people who want to quit smoking	Ph: 137 848

<p>Smart Program</p>	<p>SMART Recovery offers face-to-face and online groups to people who want help managing and overcoming their addictive behaviours</p> <p>These may include problems with alcohol, drugs, gambling, shopping, over-eating and excessive internet use.</p>	<p>https://smartrecoveryaustralia.com.au/find-meetings/</p>
<p>Crystal Meth Anonymous</p>	<p>Crystal Meth Anonymous is a fellowship of people who share their experience, strength and hope with each other so that they may solve their common problem, addiction to crystal meth. The only requirement for membership is a desire to stop using. There are no dues or fees for CMA membership; we are self-supporting through our own contributions.</p>	<p>http://www.crystalmeth.org.au/</p>
<p>Sex and Love Addicts Anonymous</p>	<p>Meeting with each other is a key part of recovery, and, in our tradition, every group is autonomous as it makes decisions about how to support each other best.</p>	<p>https://www.slaa.org.au/</p>

The Alcohol & Drug Information Service (ADIS)	The Alcohol & Drug Information Service (ADIS) Web Chat is a live online conversation with a professional counsellor. The service is free, confidential and open to anyone affected by alcohol and other drugs, including people concerned about their own use, or about a family member or friend. Web chat is only available for people living in NSW.	<p>https://yourroom.health.nsw.gov.au/getting-help/Pages/ADIS-Web-Chat.aspx</p> <p>Alternatively, if you would like to speak to a drug and alcohol counsellor over the phone, please call the National Alcohol and Other Drug helpline on 1800 250 015</p>
Gambling Help services	Gambling Help services help people with gambling problems as well as those close to them who are affected by their gambling. All services are free and confidential. Specialist legal and financial counselling is available, as is support in other languages.	<p>http://www.gamblinghelp.nsw.gov.au/find-support-near-you/</p> <p>You can call the Gambling Help hotline on 1800 858 858</p>