

VIA - GREENWICH

- VIA is the local drug and alcohol support service for adults in Greenwich
- It provides free, confidential help for anyone affected by substance use - whether you want to reduce, stop, or manage your use
- Services offered:
 - One-to-One Keyworking: Personalised support plans with a dedicated worker.
 - Group Sessions: Peer support and structured recovery groups
 - Harm Reduction: Needle exchange, naloxone training, safer use advice
 - Medical Support: Substitute prescribing, community detox, and access to inpatient detox/rehab
 - Health Checks: Blood-borne virus testing (HIV, Hepatitis), vaccinations
 - Peer Mentoring & Volunteering: Opportunities to build skills and confidence
 - Family Support: Advice and signposting for loved ones affected by substance use

PHONE - 0300 303 455

WEBSITE - <https://www.viaorg.uk>



ADFAM GREENWICH

- Provides one-to-one sessions via phone/Zoom for adults affected by a loved one's drug or alcohol use
- Offers online peer support groups, plus access to up to 12 counselling sessions

PHONE - 07442 137421

WEBSITE - <https://adfam.org.uk/greenwich/>

EMAIL - admin@adfam.org.uk

PEER SUPPORT GROUPS

- Peer support groups like AA, NA, and, CA are safe, confidential spaces for people to share, listen, and support each other. They're free, run by volunteers, and based on mutual help rather than professional therapy
 - Alcoholics Anonymous (AA): For people who want to stop drinking, using a 12-step approach
 - Narcotics Anonymous (NA): Similar to AA, but for drug addiction
 - Cocaine Anonymous (CA): Focused on recovery from cocaine and other substances
- These groups help reduce isolation, build coping skills, and give you a community that understands what you're going through

WEBSITE -

<https://www.royalgreenwich.gov.uk/adult-care-and-health/manage-your-mental-and-physical-health/get-support-addiction/get-peer-support>

we're **kind** we're **fair** we **listen** we **care**



Substance Use

Greenwich Mental Health
Support Resources



YOUNG PEOPLE'S SUBSTANCE MISUSE SERVICE

- Support for young people aged 10–25 living in Greenwich
- Supports those using drugs or alcohol, or worried about someone else's use.
- What they offer:
 - Free, confidential one-to-one support (face-to-face, phone, or online).
 - Advice and harm reduction: safer use, reducing risks, psychoeducation, and understanding substances.
 - Goal setting: help to cut down or stop using substances.
 - Family support: guidance for parents/carers.
 - Links to other services: mental health, housing, education, and safeguarding.

PHONE - 020 8547 5008

EMAIL -

smsreferrals@achievingforchildren.org.uk

WEBSITE -

<https://kr.afcinfo.org.uk/pages/young-people/information-and-advice/health-well-being-hub/young-people-s-substance-misuse-service>

MORE RESOURCES

COMHAD (CO- OCCURRING MENTAL HEALTH, ALCOHOL AND DRUGS)

- Supports adults with both mental health difficulties and substance use issues
- Provides one-to-one clinical support, group sessions, and advice for managing both conditions together
- Works in partnership with Oxleas NHS, Bridge Support, and VIA Greenwich for integrated care
- Accepts referrals from GPs and other professionals

PHONE - 0208 301 8960

WEBSITE -

<https://mentalhealthhubs.org.uk/greenwich/our-services/comhad-co-occurring-mental-health-alcohol-and-drugs>

EMAIL - oxl-tr.gmhhreferrals@nhs.net



RECOVERY COLLEGE

- Free adult education service for mental health and wellbeing in Greenwich.
- Open to anyone aged 18+, recovering from substance use issues and mental health difficulties
- Offers a range of courses and workshops, including: art, running, cooking, mindfulness, photography, reading and more
- Peer-supported learning: co-facilitated by professionals and people with lived experience
- Focus on building confidence, hope, and community connection
- Courses typically run for 6 weeks, once a week
- Run by Bridge Support, based in Woolwich
- Self-referral only

PHONE - 0208 294 7909

TEXT - 07712 924120

WEBSITE -

<https://www.therecoveryplace.co.uk/>

