

# Drugs & Addiction: More information and where to get help

## More information

**Drug Science** <https://drugscience.org.uk/>

- 'Drug Science is the leading independent scientific body on drugs in the UK. We work to provide clear, evidence-based information without political or commercial interference.'
- Lots of information about different drugs and what is new in drug science

**National Institute on Drug Abuse** <https://www.drugabuse.gov/>

**National Institute on Drug Abuse for Teens** <https://teens.drugabuse.gov/teens>

- Lots of information about different drugs and resources such as videos to help you understand what is going on in the brain when drugs are abused

## Where to get help

**NHS Talk to Frank** <https://www.talktofrank.com/>

- 'Frank provides a friendly, confidential and non-judgemental service to anyone wanting advice about drugs.'
- Lots of information and advice about lots of different drugs and an anonymous platform to talk about anything drug related through a phone number you can call or text, email and even online messaging

**Bristol Mind** [https://bristolmind.org.uk/support\\_type/addictions/](https://bristolmind.org.uk/support_type/addictions/)

[https://bristolmind.org.uk/support\\_type/alcohol-and-drugs/](https://bristolmind.org.uk/support_type/alcohol-and-drugs/)

- Lots of help resources for drugs and addiction, as well as for mental health problems