



Dual Diagnosis Anonymous

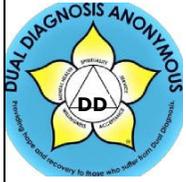
<https://ddauk.org>

Dual Diagnosis Anonymous – Contact Numbers for [Online] Meeting Facilitators

As DDA meetings can deal with sensitive topics and people who may be experiencing mental health symptoms, it's important for the meeting facilitator to be equipped with resources in the (hopefully unusual) case of a mental health emergency.

The following numbers are provided for meeting facilitators for Online (Zoom) DDA Meetings. As people attend these meetings from all over the UK (and the world), the numbers supplied are more generic in nature, than the numbers we would provide for more localised 'in person' meetings:

DDA meeting	Suggested Actions by DDA Facilitator
<p>Online Zoom Meeting</p>	<p><i>Is the person an <u>immediate</u> threat of harm to themselves or others?</i></p> <ul style="list-style-type: none"> • Call 999 and ask for Ambulance/Police • If person is overseas, tell them to call an Ambulance/visit their local hospital <p><i>Is there a Mental Health crisis?</i></p> <ul style="list-style-type: none"> • The Mind Infoline is open 9am to 6pm, Monday to Friday (UK Only). But there are people you can talk to any time if you are struggling, who will not judge, are free, anonymous and open 24 hours: Call Samaritans on 116 123 (UK-wide) Text SHOUT to 85258 (UK-wide) Call C.A.L.L. on 0800 132 737 (Wales only) S.P.A. [Single Point Access] <u>Local M.H. TRUSTS</u>: WEST LONDON: 0800 328 4444 CENTRAL+WEST LONDON: 0800 0234 650 EAST LONDON: 0345 602 4064 NORTH-EAST LONDON: 0300 555 1000 • If your GP surgery is closed (UK), you can go to your nearest Hospital A&E and ask to see the psychiatry liaison duty (or advise the DDA attender to do that if you cannot go with them). • If the person is overseas, ask them to speak to their doctor/attend hospital/call any local services they know/call a friend/family member for support <p><i>Does the person need housing advice?</i></p> <ul style="list-style-type: none"> • If the person is rough sleeping in the UK, they can call <i>Streetlink</i> on 0300 500 0914 (freephone).



National Helplines Addiction Groups:

Alcoholics Anonymous	0800 9177 650
Cocaine Anonymous	0800 612 0225
Narcotics Anonymous	0300 999 1212
Gamblers Anonymous	0330 094 0322
Sex and Love Addicts Anonymous	07984 977 884
Overeaters Anonymous	07798 587 802