



Addiction support

Specialist support organisations can help if you are living with addiction or having urges to take part in addictive behaviour.

People can get addicted to all kinds of things including smoking, spending money, alcohol, work, social media,

exercise, drugs or other substances, sex, gaming and gambling.

Certain psychological disorders, like anorexia and bulimia have compulsive behaviour that is similar to what people experience when they are struggling with addiction.

Knowing where to get support with specific issues can help if you or someone you know is struggling with addiction.

ALCOHOL AND OTHER SUBSTANCES

[Inspire Addiction Services](#)

[Extern](#)

[Ascertainment](#)

[Dunlewey Addiction Services](#)

GAMBLING

[Gamcare](#)

EATING DISORDERS

[Eating Disorders NI](#)

[BEAT eating disorders](#)

OTHER SUPPORT WITH ADDICTION

Your doctor may be able to tell you about other local services including peer support and family support groups. There are lots of private counselling and rehabilitation centres in Northern Ireland who provide assistance with addiction, but its best to talk about these options with your doctor first.

ALCOHOL

[HSE Drug and Alcohol Helpline](#)

[Alcoholics Anonymous](#)

[HSE list of local alcohol support services](#)

DRUGS AND OTHER SUBSTANCES

[HSE Drug and Alcohol Helpline](#)

[List of local drug support services](#)

GAMBLING

[Gamblingcare.ie](#)

[Extern's Problem Gambling Project](#)

EATING DISORDERS

[Bodywhys](#)

OTHER SUPPORT WITH ADDICTION

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[Home](#) > [Mental health resources](#) > [Lifestyle](#) > [Addictive behaviour](#)
> [Addiction support](#)

ALCOHOL SELF-HELP

Our alcohol self-help course can help you learn more about consumption guidelines, contextualise your relationship with alcohol and develop ways to reduce your usage

Take the alcohol self-help course