

What is mutual aid?

Mutual aid is the process of giving and receiving social and emotional support and information by members of a group at every stage during their recovery from drug and/or alcohol dependence. Groups can include people who are thinking about stopping their drug or alcohol use, those who are actively changing their behaviour, or those who have and want to stay stopped. There are also groups to support families, children and friends affected by substance misuse.

The most common mutual aid groups are '12-step' fellowships such as Alcoholics Anonymous, Narcotics Anonymous, Cocaine Anonymous, Al-Anon, Families Anonymous etc. There are other groups, such as SMART Recovery, which has expanded its network of self-help meetings over the last few years. There are also other locally based community programmes.

Contact TBRP for more information and how to get to a meeting.

Take the next step

The thought of stopping drinking or using drugs can be terrifying to us when we depend on them.

One of the most powerful factors about mutual aid is that you are not alone anymore, you're not the only one. There is a great saying in mutual aid circles - **"You alone can do it, but you cannot do it alone."**

Wherever you are on your recovery journey, by attending mutual aid meetings you are more than likely to meet people who have been there and can help you through, people just like you. - **"I can't but WE can."**

We are currently running a number of workshops across Calderdale where you can come and meet other people who are now in recovery from their addictions. They will share their stories, offer hope, explain what mutual aid is all about and how you can get involved.

Ask your support worker for more details or call us on 01422 383063.

mutual aid



make it part of your recovery

Helping you into Recovery from Addiction through Mutual Aid



Local meetings

Alcoholics Anonymous

Basement House, Sunday 13:00
10 Carlton Street Tuesday 19:45
Halifax, HX1 2AL Thursday 17:30
Friday 19:45

Christchurch, Leeds Road, Wednesday 20:00
Lightcliffe, HX3 8NU

Salem Community Centre, Tuesday 20:00
Salem St, Off Burnley Rd, Wednesday 13:00
HX7 6HB Friday 20:00

Meetings are also held in Bradford, Leeds, Dewsbury,
Huddersfield, Keighley and other towns throughout Yorkshire.

Narcotics Anonymous

Basement House, Monday 19:00
10 Carlton Street Wednesday 20:00
Halifax, HX1 2AL Saturday 10:30

Meetings are also held in Bradford, Leeds, Dewsbury,
Huddersfield, Keighley and other towns throughout Yorkshire.

SMART Recovery

Ask a member of staff or a friend in Tuesday 12:15
recovery for locations. Wednesday 16:00
Thursday 12:00

Recovery Cafe, The Crypt, St Thursday 14:00
Mary's Church, Todmorden

Al-Anon

Basement House, Wednesday 18:30
10 Carlton Street
Halifax, HX1 2AL

Meetings are also held in Bradford and Leeds, and other towns
throughout Yorkshire.

*Meetings correct at the time of printing. Please check online for the most up
to date information.

How does it help?

“It has helped me combat my fears and also effectively deal with dangerous situations.”

“It has helped me in a lot of ways. Widened my support network, helped me meet positive new people, gave me good advice, made me feel part of something.”

“It has taught me a new way of life, given me confidence through the love, care and support of others in recovery.”

“It's made me realise I'm not alone. You feel like you have to wear a mask most of the time but now I can be me again and be honest and open.”

“I'm so happy when I come home from the group. It affects us all the same. Hearing other stories helps us realise we can't control it so it gives you confidence that you can move forward.”

Important details

Alcoholics Anonymous

National Helpline: 0845 769 7555
www.alcoholics-anonymous.org.uk

Narcotics Anonymous

National Helpline: 0300 999 1212
www.ukna.org

Al-Anon Family Groups

National Helpline: 020 7403 0888
www.al-anonuk.org.uk

SMART Recovery

www.smartrecovery.org.uk

The Samaritans

www.samaritans.org
National Helpline: 08457 90 90 90
Local Helpline: 01422 349 349

Calderdale in Recovery

www.calderdaleinrecovery.com
www.facebook.com/calderdaleinrecovery
www.facebook.com/groups/calderdaleinrecovery



The Basement Recovery Project, Basement House, 10 Carlton Street
Halifax, HX1 2AL, Telephone: 01422 383063
admin@thebasementproject.org.uk, www.thebasementproject.org.uk