

CONTACT DETAILS OF AA AND OTHER '12 STEP' MEETINGS

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The contacts below are for centralised numbers of various helping organisations.

ACA (Adult Children of Alcoholics). PO Box 1576, London SW3 1AZ. Approx 40 UK groups

Addictions Anonymous 020 7584 7383

Alcoholics Anonymous 020 7833 0022.

Al-Anon: For families and friends of problem drinkers. 020 7403 0888

CITA (Council for Involuntary Tranquilliser Addiction): 0151 949 0102

Cocaine Anonymous: 020 7284 1123

Coda (Co-Dependents Anonymous for dysfunctional families): 020 7376 8191

Debtors Anonymous: 020 76445070

Families Anonymous (relatives/friends of those with drug problems): 020 7498 4680

Gamblers Anonymous: 020 7384 3040 (also for family members of problem gamblers)

Marijuana Anonymous: 07940 503438

Narcotics Anonymous: 020 7251 4007

Nicotine Anonymous: 07939 633536

Overeaters Anonymous: 07000 784985

S-Anon: For families of those with sex addiction: 01373 466555

Sex Addicts Anonymous: 020 8442 0026

Sexaholics Anonymous: 07000 725463

Survivors – for male survivors of incest/sexual abuse: 020 7833 3737

Survivors of Incest Anonymous: 020 7831 6946

Workaholics Anonymous: 01993 878220

THE TWELVE TRADITIONS

1	Our common welfare should come first; personal recovery depends on AA unity.
2	For our group purpose there is but one ultimate authority – a loving God as he may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3	The only requirement for AA membership is a desire to stop drinking.
4	Each group should be autonomous except in matters affecting other groups or AA as a whole.
5	Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.
6	An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7	Every AA group ought to be fully self-supporting declining outside contributions.
8	Alcoholics Anonymous should remain forever non-professional, but our service centres may employ special workers.
9	AA, as such, ought never be organised, but we may create service boards or committees directly responsible to those they serve.
10	AA has no opinion on outside issues; hence, the AA name ought never be drawn into public controversy.
11	Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and film.
12	Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.