



Thank you for your interest in We Are With You and our mission to help people lead healthier, happier lives. Each year, thanks to our supporters, we help over 100,000 people across the UK overcome problems with alcohol, drugs, and mental health, and we're working to support even more people.

Who we are

Our charity was formed in 1957 by Mollie Craven, whose son tragically died of a heroin overdose. She wanted an organisation where the parents of drug users could gather to support each other; "in many ways, we can help each other's children where we cannot help our own".

Although our work today goes further than Mollie's original aims, her message remains one of our core beliefs – helping each other, families supporting families, and knowing that everyone can make positive life changes.

We work in 80 community locations across the UK to deliver services, free of charge, to those who need them, as well as nationally through our advocacy and online support.

In February 2020, we changed our name from Addaction to We Are With You. This new consumer-facing brand is an integral part of our [strategy](#) to help ten times more people by 2022.

We want everyone to know that help and support is available if they need it, in a way that works for them.

In action

- We're a leading voice in mental health, drugs and alcohol and wellbeing;
- We provide one-to-one recovery support and peer support groups;
- We run clinical and residential treatment programmes;
- We publish articles and studies, and respond to and influence government policy;
- We offer support for people affected by exploitation;
- We provide specialist services for young people, to help manage their relationship with drugs, alcohol, mental health and wellbeing;
- We run a webchat service, freely available, for thousands of people each year;
- We work in the community, in prisons, and schools – wherever we're needed.

Why we're needed

- **4 out of 5** alcohol dependent adults are not accessing treatment.
- **3/4** of mental health problems are established by the age of 24.
- **3 out of 4** people with a mental health problem in England receive little or no treatment for their condition.
- **4,359** deaths related to drug poisoning in the UK in 2018 – the highest since 1993. That's two and a half times the number of road deaths.
- **Over 1 million** alcohol related hospital admissions in 2018.
- **1,187** drug related deaths in 2018 in Scotland, representing an increase of 27%; the highest rate of any EU country.
- **Seven times** more likely to be homeless if individuals experience problems with drugs. People who are homeless are also twice as likely to have experienced mental health problems.

Lyndsey's story

"I don't have addiction in my life now. I don't have criminal justice, or fear.

At the age of 14 I was using alcohol and cannabis, and by the time I was 21 I was using heroin to numb my grief after the death of my child, and to mask the pain from an injury caused by an abusive relationship.

When I first came to We Are With You, my key worker sat with me in social work and community payback meetings and showed me that recovery was possible. With help from him I could detox with methadone, but I replaced it with alcohol – and although I tried to hide it, when I opened up with my key worker he was amazing. I was so afraid of what people would say, but I shouldn't have worried.

No one wanted anything from me, apart from me to be well.

Everything got so much better. I started volunteering with We Are With You – now, when people need support, I can reach out and help them up."

Programme spotlight

Mind and Body



Our award winning Mind and Body programme is a specialist service for young people who self-harm, or who are vulnerable to self-harming behaviours.

It involves a series of interactive group sessions that encourage open discussion about mental health and related issues. These groups are a safe place to talk about topics that are often stigmatised; sharing and talking as a group helps reduce feelings of isolation and allows young people to explore positive ways of managing their thoughts and behaviours.

In 2018/19, 92% of participants stated they could better manage risks related to self-harm by the end of the programme. We're now expanding Mind and Body to new regions so we reach even more young people.

Webchat

Run by trained drug, alcohol and mental health workers, Webchat is a free, confidential service for anyone who is worried about their own drinking, drug use or mental health, or a loved one's.

Webchat has allowed us to have conversations with people who may not want or need to access formal treatment, who are underrepresented in mainstream services, such as women, working professionals and people from minority groups, or people who simply want advice and tips to help their loved ones.

Since we launched in January 2018, we've had over 34,000 conversations, with a 50% increase in sessions since March 2020 when the UK went into lockdown.

We hope this pack has provided you with a better understanding of our work.

You can also find out more about our [programmes](#) and the [online help and advice](#) we offer via our [website](#).

Thank you for your belief in our work and the people we support.



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