

# Hampshire and Isle of Wight Support Agencies

## Support with Drugs/Alcohol and Recovery

Inclusion: [www.inclusionhants.org](http://www.inclusionhants.org) various locations (see below)

### Portsmouth Recovery Hub

Drug and alcohol services in Portsmouth can help you stop or cut down. Recovery from drugs and alcohol problems are achievable. It is much easier with support. There are a range of services including drop in sessions, peer support groups, specialist counselling and community group sessions to help you.

**Portsmouth Recovery Hub** - 023 9229 4573

**Portsmouth DASS** - 07979 706037

**Inclusion Portsmouth** - 0300 124 0103

### Hampshire Drug and Alcohol Recovery Service

Inclusion Recovery Hampshire have recovery teams based in locations across Hampshire. This includes hubs in Andover, Aldershot, Basingstoke, Eastleigh, Winchester, New Milton, Fareham, Havant and Gosport, plus additional satellite or outreach venues

**Hampshire Inclusion** - 01983 526654

### Southampton Drug and Alcohol Recovery Service

The Southampton Drug and Alcohol Recovery Service provides a life changing, personalised substance misuse recovery service for people living in Southampton. Experienced health professionals working within the service will fully support the needs of people with drug and alcohol problems, and will work with the individual to provide them with the best care.

**Southampton Change Grow Live** - 02380 717171

**Southampton Drugs Alcohol Support and Health** - 02380 224 224

### Inclusion Isle Of Wight

We offer a free and confidential service to residents on the Isle of Wight.

**Isle Of Wight Inclusion** - 01983 526654

## Mental Health Support

**Solent Mind:** Providing a range of services across Hampshire to support individuals with their mental health needs. This includes a support line, webchat and drop-in hubs. **Solent Mind Support Line:** 02382 027810

**Visit:** [www.solentmind.org.uk/support-for-you/our-services](http://www.solentmind.org.uk/support-for-you/our-services)

**i-Talk:** Solent Mind work in conjunction with the NHS to provide the 'italk service',

**Visit:** [www.italk.org.uk/home/italk-service](http://www.italk.org.uk/home/italk-service)

**Steps to Well-being Southampton:** Provide psychological therapies to address issues such as stress, depression and anxiety. They accept online referrals. **Visit:**

[www.steps2wellbeing.co.uk](http://www.steps2wellbeing.co.uk)

**Call:** 02380 272000. **Make a referral:** 0800 612 7000.

**Isle of Wight: Community Safe Haven:** Call 01983 520168 or visit 7 High Street, Newport PO30 1SS during opening hours 5pm-10pm Monday-Friday and 10am-10pm Weekends and bank holidays

**Samaritans:** 116 123

## Victim Support

### Victim Care Service:

Victim Support provide services across Hampshire and Isle of Wight, including the Victim Care Hub, find more information here:

[www.victimsupport.org.uk/resources/hampshire-and-isle-of-wight](http://www.victimsupport.org.uk/resources/hampshire-and-isle-of-wight) or contact them on 08081689111

### Restorative Justice Services:

You can contact the Restorative Justice Service on 0800 043 8785.

Email [hiow@restorativesolutions.org.uk](mailto:hiow@restorativesolutions.org.uk)

Visit <https://www.hampshire-pcc.gov.uk/commissioner/partnership-working/restorative-justice>

### Other Support Services:

Information on other victim support services such as Domestic Abuse support, Sexual Violence Support and Stalking Advocacy and Support can be found on the OPCC website: <https://www.hampshire-pcc.gov.uk/victim-and-witness-support>

## Other Support Services:

National Gambling Helpline: 0808 8020 133

Citizens Advice Hampshire & Isle of Wight: <https://citahants.org/advice/#/local-ca-offices>

Meet Bobbi: [www.hampshire.police.uk/news/hampshire/news/news/2025/november/meet-bobbi-policings-new-ai-virtual-assistant](http://www.hampshire.police.uk/news/hampshire/news/news/2025/november/meet-bobbi-policings-new-ai-virtual-assistant)

Christians Against Poverty: <https://capuk.org/get-help>



**HAMPSHIRE**  
CONSTABULARY

DONNA JONES

**POLICE & CRIME**  
**COMMISSIONER**

HAMPSHIRE & ISLE OF WIGHT