

Useful Links

Nutritionist Resource

www.nutritionist-resource.org.uk

Mindful Employer

www.mindfulemployer.net

Supportive information for those Struggling with Addiction:

[Enabling Addictions in Relationships - Examples & How to Find Help](#)

[15 Things You Need To Know About Loving Someone With An Addiction](#)

[How Does Addiction Disrupt and Destroy Families?](#)

[Stop Enabling Your Addicted Child](#)

[Surviving the Secret Childhood Trauma of a Parent's Drug Addiction](#)