

- Is drinking making your home life unhappy?
- Do you drink to escape worries?
- Do you drink for confidence/self esteem?
- Have you ever felt remorseful after drinking?
- Have you ever had a loss of memory due to drinking?



If you have answered yes to any of the above then maybe it's time to change your drinking habits. Talk to your GP about being referred or ring to speak to the Changing Habits Service where we can help with:

- **8 (1hr) weekly sessions**
- **Advice around changing unhelpful drinking patterns**
- **Signposting**
- **Mindfulness**
- **Build new ways of coping with life's challenges**

Simply call the numbers below to speak to Changing Habits Service to find out more. We offer bespoke help to each individual. You may benefit from our 8 week program, or you might just need to be signposted elsewhere. It's always worth asking.



If you want any more information call or text Mon-Fri 9-5:



**Landline: 01904 621776
Mobile: 07513715546 / 07548835009**