

We can help you drink less... it's FREE

How we can help

Our free Drink Less service provides advice, support, and encouragement on how you can reduce your alcohol consumption.

We offer a programme of 6-8 sessions for up to a year. You will receive support from your own 1:1 alcohol reduction specialist, who will empower you to design your own personalised plan. This will include assessing your relationship with alcohol, advise on units and reducing risk of alcohol related health issues. Discuss other areas of health you may wish to address and set achievable, sustainable goals. We can also signpost you to specialist services if required.

Appointments are available at GP practices and community locations across Cambridgeshire and Peterborough. Telephone support is also available

Who we can help

Anyone aged 18+ drinking more than the recommended weekly limit of 14 units. Lives in, or is registered with a GP in Cambridgeshire or Peterborough



For more information or to sign up to this service

Text: **HEALTHYU to 60777** or call: **0333 005 0093**

Email: **healthyyou@healthyyou.org.uk** or

Visit: **www.healthyyou.org.uk**

