



Drug and Alcohol  
Support Service

Southampton

# Worried about your drinking?

**Do your friends and family  
comment on your drinking?  
Do most of your plans involve  
alcohol?  
Do you reach for alcohol  
when you're stressed?**

## Support to:

- Understand the risks of alcohol
- Set achievable and realistic goals
- Help for you to take control

**Southampton's free and  
confidential Support line**

**T:** 02382 002764.

**W:** [www.changegrowlive.org/  
service-provider](http://www.changegrowlive.org/service-provider)

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