



Change
Grow
Live

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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We're part of



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