

Problems with Drinking?

For help or advice for you or someone you know, call:

Victoria Street Alcohol Service

01603 660 777

NORCAS

01603 660 070 (Norwich & South)

01493 857 249 (Great Yarmouth)

01263 514 927 (North Norfolk)

CADS

01553 815171

The Matthew Project

01603 764 754 (24 hour)

Problems with Drinking?

Have you ever:

- felt you should cut down on your drinking?
- had people criticise your drinking?
- felt bad or guilty about your drinking?
- had a drink first thing in the morning to get going?

Call Drinkline

0800 9178 282 or one of the local agencies, see over.

Tackling drugs

