

**The Alcohol & Drug Service
Alcohol Drop In Service**

**The Alcohol & Drug Service
Alcohol Drop In Service
82 Spring Bank
Hull
HU3 1AB
Tel 01482 320606
www.ads-helponline.co.uk**



**Are you concerned about yours
or someone else's drinking?**

**The Drop In Service
Opening Times.**
Monday 10.30am to 4.30pm
Tuesday-Friday 9.30am to 4.30pm

If so drop in for a chat

**Just turn up, no appointment is
necessary.**



**The Drop In Service
Opening Times.**
Monday 10.30am to 4.30pm
Tuesday-Friday 9.30am to 4.30pm



**Supporting people to make
positive change**



Exploration of Concerns



For example, discussion of alcohol related goals, triggers and other alcohol related problems.

Flexible Support



The Drop In Service offers support in times of crisis and can help you with problem solving.

What is the Drop In Service?

The Alcohol & Drug Services Alcohol Project provides a drop in service that offers brief sessions for those people who are concerned about their own drinking, or someone else's drinking. The service is open to drinkers themselves, family members, their friends, the wide community and other professionals.

Signposting



Sometimes it may be beneficial for you to talk to other services. We can advise you who best to talk to, from the Health Services to Bereavement Support.

Referral for Assessment



We can refer you to the Alcohol Project to enable you to have support with the aid of one to one structured counselling.

What can the drop in service offer me?

The drop in service can offer you advice and information on such things as harm reduction, alcohol related health and unit awareness.

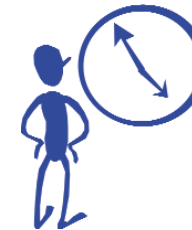


Crisis Intervention



If you are between appointments or have had previous involvement with the Alcohol Project but need extra support, you can access the Drop In Service. If you haven't accessed the service before but would like to find out more about what's on offer, call in for an informal chat.

Times that suit you



If you are unable to attend regular meetings, the Drop In Service is available to support you.

Call in for an informal chat