

Support at every stage

1
I want to get information and advice about alcohol

Find out more information about alcohol and its effects:

nhs.uk/live-well/alcohol-advice/alcohol-support/

Drinkaware has advice and tools to support your journey to making changes to your drinking:

drinkaware.co.uk/advice-and-support

2
I am drinking and I want to make changes on my own

SMART (Self Management and Recovery Training) is a programme that provides training and tools for people who want to change their problematic behaviour

smartrecovery.org.uk/smart-recovery-programme/

3
My drinking is causing problems and I need support to stop or reduce my use or prevent relapse

Healthy Lifestyles Gloucestershire offer support and advice to help people who want to drink less.

hlsghos.org/drink-less/

4
I have an addiction. I want to stop my alcohol use and need more intense help.

Via offers all levels of support for people struggling with Alcohol. You can self-refer or ask a professional to refer to you.

viaorg.uk/services/gloucestershire/

5
I have stopped drinking and need support to help me keep it that way.

Alcoholics Anonymous offers ongoing support to people in recovery:

alcoholics-anonymous.org.uk/find-a-meeting/

6
I am not ready to stop but need support as my drinking is affecting me.

In addition you might find the resources in Step 6 useful.

For a list of community groups and activities to get involved with see here:

yourcircle.org.uk

For a list of counselling services in Gloucestershire see here:

yourcircle.org.uk

Drinkaware has advice and support for people who are worried about someone else's drinking.

drinkaware.co.uk/advice-and-support/help-to-support-someone-else

For a list of local organisations who can support family members see here:

yourcircle.org.uk