

Do you have patients or clients whose alcohol consumption is affecting other aspects of their life? (Health/family/work/social life)

We have a new service, aimed at people who may have started to develop unhealthy drinking habits or whose alcohol consumption maybe causing other health problems. This service is targeted at individuals with an Alcohol Audit score between 8 - 18 & who may not have acknowledged their drinking habits or may be reluctant to access mainstream treatment. Please refer your clients to one of our GP Liaison workers who can assist with changing drinking habits.

To refer your clients please
post: Changing Habits, Changing Lives Oaktrees,
111 Walmgate, York, YO1 9UA
call: 01904 621776

- **8 Week Intervention**
- **Advice around changing unhelpful drinking patterns**
- **Signposting**
- **Mindfulness**
- **Build new ways of coping with life's challenges**

