

Spectrum Drug and Alcohol Recovery Services

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SPECTRUM
Drug and Alcohol
Recovery Services

Hertfordshire

Alcohol Telecoms Service operating now

We're now in the middle of our second national lockdown and we're acutely aware that this may increase the levels of stress, anxiety and loneliness people in Hertfordshire face.

With that in mind, we'd like to remind you that our **new Alcohol Telecoms Team** are well-placed to help any non-dependent drinkers who need remote support during this time.

Referral is quick and easy – simply fill in the online form (don't forget the alcohol AUDIT score!): www.changegrowlive.org/herts

You can download the AUDIT and find further information here:

www.changegrowlive.org/spectrum-hertfordshire-drug-alcohol-services/alcohol-telecoms

Our service

- Is open to **non-dependent drinkers** scoring between 8-19 on the alcohol audit
- Is for people who are drinking at **harmful and hazardous** levels
- Involves an **Information and Brief Advice** session for those scoring 8-15 on the alcohol audit
- Includes an **Extended Brief Intervention (EBI)** for those scoring 16-19 on the alcohol Audit, comprising of a maximum of **6 sessions**
- Is offered remotely, **using phone or video call** so people can access support without having to travel
- Is available on **evenings and weekends** to help people with work or weekday commitments to get help

Contact us

- Call **0800 652 3169**
- Our team are available for calls between **9.30am – 7pm Tuesday to Friday**, and **9.30am – 5pm on Mondays and Saturdays**
- Email: Herts@cgl.org.uk



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We work in partnership with:

