

Are you
worried
about your own
drinking/drug use?

Or concerned about a family
member or friend?

There is
lots of free
confidential
information

Talk to a
non-judgmental
and confidential
professional who
can help you get
the right support
you need.

Public Health
Drugs and Alcohol
March 2020



Self Help Support

For more information please visit:

NHS Support on:

 <https://www.nhs.uk/live-well/alcohol-support/>

Talk to Frank:

Provides free confidential drug advice
for adults and children

 <https://www.talktofrank.com>

0300 123 6600

Or visit **Hertfordshire County Council**
Health In Herts search for (Drugs & Alcohol)
for further information


 www.hertfordshire.gov.uk

Local service

Contact your local service today

Spectrum Drug and Alcohol Recovery Services:

0800 652 3169

 [https://www.changegrowlive.org/advice-
info/alcohol-drugs](https://www.changegrowlive.org/advice-info/alcohol-drugs)

@ Herts@cgl.org.uk