



### How to get in touch

- through your GP who can refer you
- other health professionals or agencies
- contact us directly

All referrals via:

The telephone referral line:

**0800 021 3064**

Email: [cambsalcohol@addaction.org.uk](mailto:cambsalcohol@addaction.org.uk)

#### Post to:

**Cambridge**  
 Mill House  
 Brookfield Hospital Site  
 351 Mill Road  
 Cambridgeshire  
 CB1 3DF  
 T: 01223 723069

**Wisbech**  
 Former Council Offices  
 Church Terrace  
 Wisbech Cambridgeshire  
 PE13 1BW  
 T: 01945 469035

**Huntingdon**  
 7-8 Market Hill  
 Huntingdon  
 PE29 3NR  
 T: 01480 424289

**Ely**  
 1st Floor  
 Central Hall  
 52-54 Market Street  
 Ely CB7LS

**St Neots Project**  
 First Floor Offices  
 Cross Keys Mews  
 Market Square  
 St Neots, Cambs  
 PE19 2AR

## Help, Support and Treatment

**Alcohol Services** - a free and confidential service, open to all those who feel that their alcohol use is becoming a problem.

**“I lived to get hammered at the weekend but now I have a life”**

**“I don’t feel like I’m being judged or labelled”**

**“Addaction gave me confidence and support in helping me realise my dreams”**



Charity registered in England and Wales no.1001957 and in Scotland no SC040009. A company limited by guarantee. Registered no.2580377. **Registered office** 67- 69 Cowcross Street, London EC1M 6PU **Tel:** 020 7251 5860 **Fax:** 020 7251 5890 [www.addaction.org.uk](http://www.addaction.org.uk)

In Partnership with



# We offer a **free, confidential and non-judgemental service**. Please phone for an appointment or drop in to your nearest service.



## Who we are?

Addaction are one of the largest drug and alcohol treatment charities in the UK. Addaction Cambridgeshire provides a service for anyone over 18 who is concerned about their own or someone else's alcohol use. We're free, confidential and our work is tailored specifically to meet your needs. We will help you discover and work towards your own goals.

## Everyone's drinking is different

- Do you regularly consume more than six drinks on one occasion?
- Do you often fail to do what is normally expected of you because of drinking?
- Has anyone expressed concern to you about your level of drinking?

**If the answer is 'yes' to any of the above questions, perhaps we can help.**

## What we offer

The first step on the road to recovery is to seek help. At Addaction's services local people seeking help will be welcomed and made to feel safe. The Cambridgeshire community alcohol service offers confidential and free counselling, support and advice to individuals, principally for alcohol problems but also for a combination of alcohol and drug problems.

Services offered include:

- Assessment
- Advice and information
- One-to-one counselling
- Onward referral to other agencies
- Referral to specialist health services.

## Health matters

We can give you advice and information on:

- The short and long term effects of alcohol use
- Reducing harm caused by your drinking.

## Building confidence and self-esteem

People use alcohol for different reasons. We can help you look at how alcohol makes you feel and how they affect you and your relationships with other people. We can help you work towards positive changes.

## Your treatment journey to recovery

We will work with you to identify and solve problems that are connected to your alcohol use. We will help you find ways to make changes that are right for you.

## How to use the service

Contact Cambridgeshire alcohol team on 0800 021 3064 and a trained worker will help you decide what treatment or support you need

Other people can contact the team on your behalf, such as your GP or probation worker.