

# Does drink cause problems in your life?

## How to get in touch

Contact us by telephoning 0845 762 6316  
(local call rate wherever you are calling from).  
Minicom service available.

Write to us at: apas, Freepost NG 4824,  
Nottingham, NG1 1BR (no stamp required).  
email: [apas@apas.org.uk](mailto:apas@apas.org.uk)

## What happens then?

You will speak to one of our Advisors when you call.

You may then want to call in or make an appointment to see one of our staff who will assess your needs and make recommendations accordingly.

We will listen to your concerns and work with you towards possible solutions.

You will receive individual and confidential attention at all times.

alcoline 0115 941 4747  
Lo-call 0845 762 6316  
Minicom 0115 948 5555

email: [apas@apas.org.uk](mailto:apas@apas.org.uk)  
website: [www.apas.org.uk](http://www.apas.org.uk)

Call for information on your nearest service



©The Brickworks 0115 960 9087

Registered Charity Number: 1070109  
Registered in England & Wales No. 3552901

**apas**

# Does drink cause problems in your life?

**Does your drinking cause you physical  
or emotional harm?**

**Do you need drink to be yourself or  
do the things that you have to do or  
want to do?**

**Are you affected by someone  
else's drinking?**

**It will help to talk to us !**

## **The way we see things .....**

We are not against drink, but wish to reduce the harm it causes.

We discuss and advise on individual drinking goals.

- Assessment service
- Advice and information
- Day-Care Programme
- Counselling service
- Service for significant others
- Residential treatment and rehabilitation can be arranged
- Ongoing support
- Detoxification and laboratory investigations can be arranged

## **What do we do?**

We offer help to anyone whose life is affected by alcohol problems.

We welcome calls from people who may have a drink problem. We also welcome calls from the families, friends and colleagues of drinkers.

