

## Contact us

If you think your health might have been affected by your drinking, Cranstoun Worcestershire can support you.

Cranstoun empowers people to live healthier and safer lives, and provides free and confidential alcohol support. We're here to help, not judge and can offer advice and information to help you change your relationship with alcohol and improve your health.

We deliver support across all six districts of Worcestershire with our central hub in Worcester. Please contact our Worcester hub & we will identify the closest location to you for help and support.

## Worcester hub

Castle House, 14 Castle Street, Worcester  
Worcestershire, WR1 3AD

**T:** 0300 303 8200

**E:** [worcs@cranstoun.org.uk](mailto:worcs@cranstoun.org.uk)

**W:** [cranstoun.org/WORCS](http://cranstoun.org/WORCS)

## Opening hours

We're open Monday to Friday 9am – 5pm.

Telephone lines open from 9.30am.

We also deliver young people and family support services. Contact us to find out more.



[www.cranstoun.org](http://www.cranstoun.org)

# CRANSTOUN

Empowering People, Empowering Change

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Empowering People, Empowering Change

**To be a world-class leader in rebuilding lives.**

**To find out more about Cranstoun Worcestershire, scan this QR Code.**



### Central office

Thames Mews  
Portsmouth Road  
Esher  
Surrey  
KT10 9AD

**T:** 020 8335 1830

**E:** [info@cranstoun.org.uk](mailto:info@cranstoun.org.uk)

[www.cranstoun.org](http://www.cranstoun.org)

Registered Charity No: 1061582

Registered Company No: 3306337

**Is your drinking damaging your health?**

**You don't have to cope alone.**



# Everyone deserves help at their time of need

## Alcohol can cause lots of conditions that damage your health.

Alcohol can become a problem for anyone. Drinking alcohol can easily move from being an enjoyable activity, to something that can damage your health. In fact, alcohol has been linked to more than 200 diseases and conditions, including high blood pressure, heart disease and cancer.

If you think your health might have been affected by the amount you drink, Cranstoun Worcestershire can support you.

We understand that every person and their relationship with alcohol is different, and each person affected needs a different level of care.



## Are you concerned you are drinking too much?

Recognising you're drinking too much is the first step towards making positive change.

If you answer yes to any of the below questions, you may want to make some changes to your drinking to improve your health.

- Have you ever felt you needed to cut down on your drinking?
- Have people irritated you by criticising your drinking?
- Have you ever felt guilty about drinking?
- Have you ever felt you needed a drink first thing in the morning to steady your nerves, or to get rid of a hangover?

## How we help

Cranstoun can support if your health might have been affected as a result of your drinking, and you are over 18.

Cranstoun provides a range of treatment options to help you with your alcohol use.

All our support is delivered in a person-centred way to empower individuals to create positive change in their lives.



## Reach out

We understand that taking this first step to seek help can often be the most difficult one. We're here to welcome every person into service with warmth, respect, understanding and compassion.

Scan the QR Code to fill in our referral form:



Or contact us:

Call: **0300 303 8200**

Text: **SUPPORT to 62277**

## Confidentiality

Cranstoun Worcestershire respects your right to privacy. We will explain to you how we keep things confidential.