

Contact us

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

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 alcohol and drug support across the London Borough of Sutton.

Cranstoun Inspire

Orion House, 19 Cedar Road
Sutton, SM2 5JG

T: 020 8773 9393
E: info-inspire@cranstoun.org.uk
W: cranstoun.org

Opening hours

Open: 9.30am to 6pm (8pm Mondays and Thursdays). Closed Bank Holidays.

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

www.cranstoun.org



CRANSTOUN

Empowering People, Empowering Change

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To be a world-class leader in rebuilding lives.

To find out more about Cranstoun Inspire, Sutton, scan this QR Code.



Central office
Thames Mews
Portsmouth Road
Esher
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KT10 9AD
T: 020 8335 1830
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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 Inspire, Sutton 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: **020 8773 9393**

Email: info-inspire@cranstoun.org.uk

Confidentiality

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