## Drop-in Choise Charge Live Cha

If you're looking for advice and guidance about alcohol use whether it's for yourself, a friend, or a family member—we're here to help. You don't have to figure it out alone.

Drop in for a chat, and we can discuss the support options available to you and guide you on the next steps.

Identifying Withdrawal Symptoms and How to Manage These Harm Reduction Advice

Women's Only Services

Community Detox / Residential Rehab options

Anti-craving Medication

Groups

Family and Carers Support

Free Counselling Support

On the Spot Referral into Services

Drop in every Monday 2:30-4:30pm The Alcohol Service 66Lupus Street Pimlico SW1V3EQ

Contact us on 0800 014 7440 or p0671.engagement@cgl.org.uk for more information