



Alcohol problems?



Local
Alcohol Clinics
in Edenbridge & Otford

What does a Local Alcohol Clinic offer?

This type of clinic offers:

- A one-off chat
- A chance to analyse and review your alcohol consumption.
- Receive information, advice and support on a confidential basis.
- Up to 6 weeks, one-to-one course of 40 minutes duration with an alcohol specialist.
- An opportunity to be referred to another service if thought necessary.

Who is it for?

- Those experiencing health problems that are related to alcohol.
- Those experiencing relational problems that are related to alcohol.
- Those experiencing mental health problems that are related to alcohol.
- Those whose behaviour has been adversely affected by alcohol.

How do I apply?

- Fill in the Application Form attached and send it to: **Local Alcohol Clinics,
c/o The wealden Centre.**

Is it for me?

Try this quick quiz for yourself - Be honest!

- 1 Have you ever decided to stop drinking for a week or so, but only lasted for a couple of days? Yes No
- 2 Do you wish people would mind their own business about your drinking - stop telling you what to do? Yes No
- 3 Have you ever switched from one kind of drink to another in the hope that this would keep you from getting drunk? Yes No
- 4 Have you had a drink in the morning during the past year? Yes No
- 5 Do you envy people who can drink without getting into difficulties? Yes No
- 6 Have you had problems connected with drinking during the past year? Yes No
- 7 Has your drinking caused trouble at home? Yes No
- 8 Do you ever try to get 'extra' drinks at a party? Yes No
- 9 Do you tell yourself you can stop drinking any time you want to, even though you keep drinking more than you meant to? Yes No
- 10 Have you missed days off work because of drinking? Yes No
- 11 Do you have 'blackouts'? Yes No
A blackout is when there are drinking times or days you cannot remember.
- 12 Have you ever felt that your life would be better if you did not drink as much as you do? Yes No

What's your score?

Did you answer YES four times or more? If so, you are probably in trouble with alcohol use.

Only you can decide whether you want to make changes to your drinking.

Excessive Alcohol use is a life-threatening condition from which you can recover - **why wouldn't you take the opportunity?**

Name

Age

Date of birth

Address

.....

.....

Postcode

Tel. No.

Nationality

Gender

Has there been any evidence of problems arising from:

Ⓐ Other drugs Yes No

Ⓑ Violent behaviour Yes No

Ⓒ Excessive gambling Yes No

Ⓓ Eating disorders Yes No

Ⓔ Medical conditions Yes No

Ⓕ Mental ill health Yes No

If your problem is alcohol, would you describe yourself as:

An alcoholic A heavy drinker A hard drinker

A problem drinker A social drinker

Are you presently taking medication Yes No

If 'Yes' what do you take?

①

②

③

④

⑤

What would you like to achieve?

.....

.....

.....

Date

Signature



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Application Form

Local Alcohol Clinics in Edenbridge & Otford

**Please
complete
and send to:**

Local Alcohol Clinics
c/o The Wealden Centre
7 Castle Street
Tonbridge, Kent
TN9 1BH

Tel: 01732 370413

Fax: 01732 360005

Email: enquiry@wealdencentre.org.uk

www.kenwardtrust.org.uk





Local Alcohol Clinics are located at:

Edenbridge Edenbridge and District Hospital
Mill Hill, Edenbridge, Kent. TN8 5DA

Oxford Oxford Methodist Church Hall
High Street, Oxford, Kent. TN14 5PH

For any other details please contact:

Local Alcohol Clinics

c/o The Wealden Centre, 7 Castle Street,
Tonbridge, Kent, TN9 1BH

Tel 01732 370413

Fax: 01732 360005

Email: enquiry@wealdencentre.org.uk

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