

How could seeing an alcohol worker make a difference?

Our workers are specially trained in alcohol issues

You can be open and honest - our service is confidential!



It is a chance for you to understand any difficulties you have with alcohol

People who come here say it really helps to talk to someone who is not their family and friends

You will be offered practical ways to make changes and set your own goals if you want to

If you want to talk to someone about what to expect you can **drop in** for a cup of tea and a chat on

◆ **Thursdays 1.45 - 3.15pm & 6 - 7.30pm**

◆ **Fridays 1.45 - 3.15pm**

and meet some of our volunteers.



For more information please

contact:

0845 3451549

Sheffield Alcohol Advisory Service

(SAAS)

646 Abbeydale Road

Sheffield S7 2BB

Telephone:

(0114) 2587553

Email:

reception@sheffielddaas.org.uk

Need help about your DRINKING?



Feel you are drinking too much? Too often?

Get free and confidential information, advice & support

Single Entry Access Point



How do I get help?

Just phone our reception staff on :

0845 345 1549

or

0114 258 7553



- ◆ Or you can email us at: reception@sheffielddaas.org.uk
- ◆ You can also ask someone like your GP, social worker or another professional to refer you.
- ◆ We can offer you a half-hour appointment to see a **(SEAP*)** Alcohol worker within the next few days.
- ◆ We offer some evening appointments for anyone who needs them.

Who can use the SAAS service?

- ◆ Anyone who is concerned about their drinking or has stopped drinking and would like aftercare and support.
- ◆ Any professional who wants to refer somebody to us.

* Single Entry Access Point

What happens at my appointment?

- ◆ You will meet with an experienced and trained Alcohol worker.



- ◆ You will be able to discuss in confidence your drinking and how it affects you.
- ◆ You can discuss your needs and your goals, whether you are still drinking or have stopped.
- ◆ Your worker can let you know about the services that can help you.
- ◆ You can then decide your next steps with your worker.
- ◆ Clients choose different options – maybe to change their drinking or to get help with what is causing their drinking at the time.
- ◆ There are a range of services to support your choices.

What might be the next steps for me?

You and your alcohol worker will decide together if you want to:

- ◆ Have about 3 short sessions with an alcohol worker to talk or try some changes.
- ◆ Have more 'in-depth' sessions with a trained alcohol worker or a counsellor.
- ◆ Be referred for a medical detoxification because you are physically dependant on alcohol.
- ◆ Have access to several services run by ex-alcohol users themselves who can support you.
- ◆ Have access to a longer intensive treatment. This might mean living in a supportive household away from home. You can discuss this with your worker and there is a DVD available if you would like more information.

