

**DO YOU LIVE IN HIGH WEALD, LEWES,
HAVENS, BEXHILL OR ROTHER? ARE YOU
CONCERNED ABOUT YOUR DRINKING?**

**GET A FREE 20-30
MINUTE ALCOHOL
ASSESSMENT FROM ONE
YOU EAST SUSSEX**

**After your assessment, we can
signpost you to other FREE
support programmes or even
FREE self help materials.**

To register for this free assessment
please scan the QR code below or
call 07825113612.



@OneYouESussex
forms.office.com/e/5kq8NbUtEz



To Be Eligible For This Programme You Must Be:
- Over 50
- Live In High Weald, Lewes, Havens, Bexhill Or Rother

ONE YOU
EAST SUSSEX