

**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