

Drinking?

Want to make a change?

Are you looking to make changes in your drinking?



Make The Change is a website and resource manual designed to offer information on alcohol reduction and treatment options for anyone looking to make changes in their drinking.

The website and manual offers a directory of services where you can access particular supports that may be able to help you.

The services listed on this site are based in Dublin mainly within, or adjacent to, the following Drug Task Force Areas: Dublin 12, The South Inner City, Ballyfermot, and The Canal Communities (Rialto, Inchicore, and Bluebell). If you are looking for information on supports outside of these areas we recommend you get

in contact with the HSE Drug and Alcohol Helpline.

What are my options?

If you are looking to make changes in your drinking, whether it is to cut down, change your drinking habits or stop altogether, there are a variety of supports that can assist you in the process. Making changes in your alcohol use can be done in both a residential or non-residential setting. Some of the main treatment options include:

- Peer Supports
- Key-working
- Day programmes
- Counselling
- Community Alcohol Detox
- Residential



To find out more information on these supports and where you can access them, please visit www.makethechange.ie.



If you don't have access to the internet, we recommend you speak to your GP or healthcare professional who may be able to support you in finding out more information.



For additional information, you can also contact The HSE Drug and Alcohol Helpline on **1800 459 459** or email helpline@hse.ie



Visit our Make the Change service directory here!



makethechange
An Alcohol Reduction Resource

www.makethechange.ie



DRUGS - COMMUNITY RESPONSE TO PAIN & LOSS

