

CHANGE YOUR DRUG

AND ALCOHOL USE

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DASS - DRUG AND ALCOHOL SUPPORT SERVICE

Who are DASS and how can we help?

DASS is here for people who are thinking about or want to change their drug and alcohol use. We're working with you because someone in your life thinks we'll be able to support you.

We won't judge you or tell you what to do - but _ we will listen to you and talk with you to help you decide how best to reach the goals that matter to you.

Who needs to know that you're helping me?

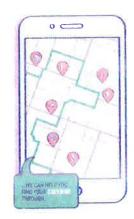
We try to keep what we talk about just between us -we know how important confidentiality is.

If we are really worried about your safety, we may have to share information to protect you. This happens very rarely and we will always aim to let you know first.

For confidential support and advice please contact:

TEL: 07951 497898 or 07557 753131

Email: DASS@portsmouthcc.gov.uk



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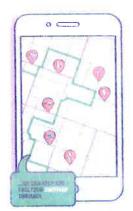
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