

*I don't
know **who**
to turn to*

*If alcohol or
other drugs
are a problem
**we are here
to help***

Caring for people, transforming
lives and reforming society

A free and confidential service



Te Ope Whakaora

Bridge

Reducing Harm from
Alcohol and Other Drugs

Are you struggling
with alcohol or
other drugs?

- Do you drink or take drugs more than you'd like?
- Is this affecting your finances?
- Is this affecting your work?
- Is this affecting your relationships?

Our programme will give you:

- a personal recovery plan
- tools to identify your triggers
- skills to deal with trigger situations
- community and/or residential options available.

Our professional team of case workers and support staff will help and encourage you on your journey.

Get practical tools to change your life for the better.

*“For the first time in my life, I have the **skills to overcome any obstacle**. I’ve not only learned how to **conquer my demons of addiction** but I have also learned valuable skills to handle stress, anxiety and difficult situations. You have given me **a future to look forward to.**”*

If you want to do something about your use of alcohol or other drugs, get in touch with us today. All enquiries welcome.

call **0800 53 00 00**

or visit **salvationarmy.org.nz/bridge**

11-15



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