

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

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

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?**



Te Ope Whakaora

Bridge

Reducing Harm from
Alcohol and Other Drugs

Free and confidential support
for you and your whānau

visit salvationarmy.org.nz/bridge

call 0800 53 00 00