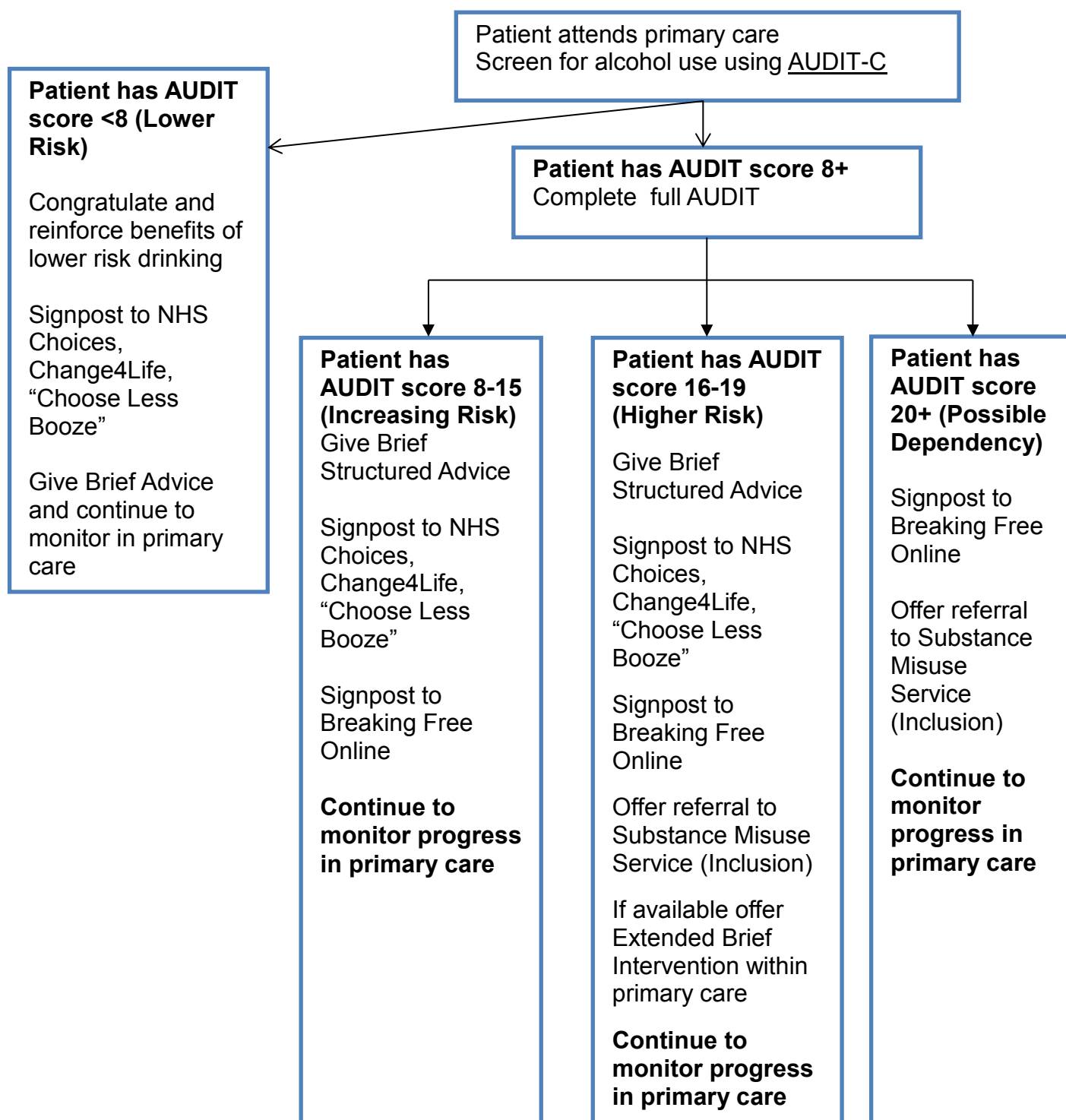


# Alcohol services for Hampshire residents

## Primary care pathway



The most effective treatment for higher risk and dependent drinkers is specialist support



## How to refer

- GPs can refer directly to Inclusion Recovery Hampshire patients can also self-refer:

Email: [Inclusionhants@sssft.nhs.uk](mailto:Inclusionhants@sssft.nhs.uk)

Tel: 0300 124 0103

## Self help resources

- Breaking Free Online (please give the patient an access code)  
[www.breakingfreeonline.com](http://www.breakingfreeonline.com)
- NHS Choices [www.nhs.uk/Livewell/alcohol/Pages/Alcoholhome.aspx](http://www.nhs.uk/Livewell/alcohol/Pages/Alcoholhome.aspx)
- Change4Life Choose Less Booze [www.nhs.uk/Change4Life/Pages/drink-less-alcohol.aspx](http://www.nhs.uk/Change4Life/Pages/drink-less-alcohol.aspx)

## Resources for practitioners

- Download AUDIT-C from [www.alcohollearningcentre.org.uk](http://www.alcohollearningcentre.org.uk)
- E-learning module in Alcohol Identification and Brief Advice is available from Public Health England:  
[www.alcohollearningcentre.org.uk/eLearning/IBA/](http://www.alcohollearningcentre.org.uk/eLearning/IBA/)