

## Ask yourself the following four questions:

- 1 *Have you ever felt you ought to cut down on the amount you drink?*
- 2 *Have people annoyed you by criticising your drinking?*
- 3 *Have you ever felt bad or guilty about your drinking?*
- 4 *Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover?*

If you answered yes to two or more of the questions then you may be harming yourself, as a result of your drinking, without realising it. If you wish to discuss this with an alcohol worker contact one of the offices listed overleaf.

### SOUTH WORCESTERSHIRE

Rutland House  
25 The Tything  
WORCESTER  
WR1 1JL

Open:  
Monday - Thursdays 9-5  
Friday 9-4

Tel: 01905 27417  
Fax: 01905 616517  
E-mail: [admin@worcs-wcat.demon.co.uk](mailto:admin@worcs-wcat.demon.co.uk)

### NORTH WORCESTERSHIRE

Mitre House  
27 The Strand  
BROMSGROVE  
B61 8AB

Open:  
Monday - Thursdays 9-5  
Friday 9-4

Tel: 01527 870707  
Fax: 01527 579798

26 Church Street  
KIDDERMINSTER  
DY10 2AR

Open:  
Monday & Thursday only  
9-5

Tel/Fax: 01562 863386

Community House  
103 Easemore Road  
REDDITCH  
B98 8EY

Open  
by appointment

Tel: 01527 870707



## Information for CLIENTS

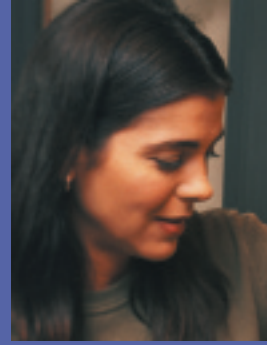
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Community Alcohol Team  
Operating as Worcestershire Community Alcohol Team  
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Company Registered Number 4519642

[www.wasa.org.uk](http://www.wasa.org.uk)

*Worcestershire Community Alcohol Services working towards reducing alcohol related problems throughout the county*



WCAT is the lead provider of community alcohol services in Worcestershire. The team consists of workers from both the voluntary and statutory sector, working in partnership. We provide a range of confidential and non-judgmental services for any individuals adversely affected by the misuse of alcohol.

## How to access this service

If you are experiencing problems with your drinking or affected by someone else's, you can make an appointment by telephoning any of our offices (listed overleaf). Alternatively you may want to discuss your concerns with your GP or other professionals who can make the referral on your behalf.

### What do we provide?

- *Advice and information*
- *One-to-one counselling*
- *Telephone counselling*
- *Support for yourself, your partner, family or friends*
- *Personal development courses*
- *Supervised community detoxification*
- *Community care assessment for residential treatment*
- *Outreach service*

### What can you expect?

We have 4 offices throughout the county where we are able to offer weekday appointments.

Referrals are assessed by an experienced alcohol worker who will assist you to work towards achieving realistic goals.

WCAT staff come from a wide range of specialist backgrounds and are committed to continual professional development.

*All services are free & confidential*