



DON'T LET ALCOHOL OR DRUGS GET THE BETTER OF YOU

Are you:

Abusing alcohol, medication or street drugs?

Compromising your health, safety and responsibilities at work and to your family and friends because of alcohol and/or drug abuse?

Using illegal substances?

Using medication in a way that is not consistent with prescribed medical guidelines?

You don't have to fight this battle alone any longer. We want you to know that your Psychosocial Counselling Benefit is there to:



Provide free and confidential counselling services using qualified professionals



Provide telephonic support and counselling no matter what time of day or night it is



Assist you with resource information such as information about rehabilitation facilities near you

To take advantage of this benefit:
Call toll-free on 0800 390 003 / Send a 'Please Call Me' to *134*952#



Universal
Healthcare