

ayrshire council on alcohol

Someone's drinking
getting **you** down?

Finding it hard to cope?

At ACA we offer:

- FREE confidential service
- Information & advice • Telephone Counselling

Call us on: 01292 281238

or email: acaayr@btconnect.com

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Talking helps,

it can ease anxiety, decrease stress
and make you feel listened to and supported.

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