

DrinkCoach Surrey

What is DrinkCoach?

- DrinkCoach is a new Skype-based coaching service available for Surrey residents aged 18 years and over who are drinking above recommended levels (but are not alcohol dependent) seeking support to reduce their intake.
- People who meet the inclusion criteria will be offered up to six 30-40 minute Skype sessions with an alcohol specialist who will support them to meet their goals and reduce their consumption.

Inclusion & Exclusion Criteria

Inclusion Criteria	Exclusion Criteria
<ul style="list-style-type: none"> • Increasing risk and higher risk¹ drinkers; those people scoring 8-19 on the AUDIT or scoring 5-10 on the AUDIT-C. • People who are willing to work on reducing their alcohol intake • People agreeable to interventions based on Motivational interviewing, including Extended Brief Intervention • Accepted the Terms and Conditions of the Blenheim Online Brief Treatment service, including confidentiality agreement 	<ul style="list-style-type: none"> • Aged seventeen years or younger • Have been assessed in need of alcohol detoxification • Have been assessed to have significant physical health problems, such as a history of alcohol-related liver disease, seizures etc. • Without sufficient IT and Internet connection. • Do not agree to the Terms and Conditions, including confidentiality agreement • No recourse to public funding

How to access DrinkCoach

- Visit [Healthy Surrey](http://www.healthysurrey.org.uk/your-health/alcohol) at www.healthysurrey.org.uk/your-health/alcohol
- Follow the booking link and instructions
- When booking, enter the promo code **SURREYWELL** to access **up to six free sessions** and receive a discount of £55 per session.

¹ Higher risk drinkers presenting with co-occurring complex needs (ie mental health problems, physical health problems, safeguarding issues, learning difficulties) should be referred to **i-access**: www.surreydrugandalcohol.com/iAccessGetting-help