



SIGNPOSTING IN THE COMMUNITY – DRUGS AND ALCOHOL

ADVICE, GUIDANCE, SUPPORT IN TUNBRIDGE WELLS

DRUGS AND ALCOHOL

Are you worried about your drug or alcohol use?

There are services on hand to offer advice, information and specialist treatment options for people in the Tunbridge Wells area.

Everyone has the ability to change.



CHANGE, GROW, LIVE

- If you live in West Kent (Dartford, Gravesham and Swanley, Maidstone, Sevenoaks, **Tunbridge Wells** and Tonbridge and Malling), contact The First Step Team by:
- phone 0330 128 1113
- visiting the First Step website
- email: WestKent.FirstStep@cgl.org.uk
- referral: complete the online referral form
- Find out how you can dispose of needles.
- You can also read advice on Public Health England's One You website about drinking <https://www.nhs.uk/oneyou/for-your-body/drink-less/>



**Change
Grow
Live**



Do you need help with addiction?

Kenward Trust offers:

- Residential rehabilitation
- Resettlement project as part of a recovery programme
- Volunteer mentors in prisons or approved hostels
- Education programmes
- Therapeutic gardens & workshops

Kenward Trust 



CONTACT: 01622 812603
Email: enquiry@kenwardtrust.org.uk