

# Help is available

You are not alone, many of us use alcohol and struggle to reduce or stop our use.



“I was really afraid to confront everything that I had used alcohol to bury.

I am 43 years old and I am such a different person than I used to be. Here I am, I am alive and happy”.

## Watch Matthew's Experience



[youtu.be/nCC44vcBMA8](https://youtu.be/nCC44vcBMA8)

We can change our relationship with alcohol, improve our health and wellness and live a self-directed life.

Talk to a healthcare professional today. There are **free and/or low cost** community or live-in treatments:

- Prescription medications
- Individual or group counselling
- Withdrawal management (detox)
- Cultural and spiritual care
- Peer support

Call your local MHSU office

**310-MHSU (6478)**  
[www.interiorhealth.ca/mhsu](http://www.interiorhealth.ca/mhsu)