

WHO ARE WE?

SAOR Extended Brief Intervention is part of the integrated care pathway for alcohol in Dublin North City & County. It is delivered by community-based funded organisations in primary care centres or online, in partnership with the HSE.

It is a free, person-centred community-based service designed to support people to make healthy changes to their alcohol use to improve their health and wellbeing.



TESTIMONIALS

I was nervous going because I didn't know what to expect but it was ten times better than I expected!

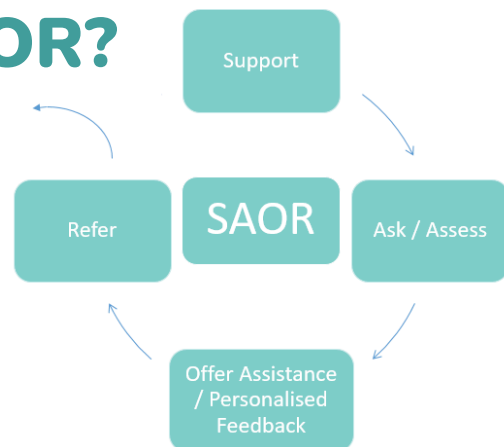
There was no judgement... She [SAOR EBI Worker] made me feel valued

It was very motivating!

WHAT IS SAOR?

SAOR is the model the HSE uses to have a **non-judgemental conversation** about alcohol use.

If, after SAOR, you need further support we can refer you on to specialist services.



Are you interested in making healthy changes to your alcohol use to improve your health and wellbeing?



T: 01 856 6406
E: iasdublinreferrals@hse.ie



In primary care centres across North Dublin.

FREE & CONFIDENTIAL
COMMUNITY-BASED SERVICE IN DUBLIN NORTH

IS THIS SERVICE FOR YOU?

- Do you sometimes drink more than you planned to, but are unsure what changes you can make?
- Have other people mentioned your drinking to you?
- Have you ever not done what you were supposed to do because of your drinking?

↙ If you

- answered 'yes' to any of these questions or
- have other concerns about your alcohol use, and
- are an adult living in north Dublin, then we can support you to **explore** making **healthy** changes to your alcohol use!



Free & confidential
Up to 6 sessions
In a Primary Care Centre or online

BENEFITS OF CUTTING DOWN

- 01. Better relationships with people important to you.
- 02. No more hangovers!
- 03. More money!
- 04. Better sleep and increased wellbeing.
- 05. Greatly reduces your risk of:
 - high blood pressure and strokes
 - depression and anxiety
 - 7 kinds of cancer
 - liver disease.

For factual information about alcohol and your health and wellbeing, visit:
www.askaboutalcohol.ie

Scan to self-refer
or call us on
01 856 6406!

