

DrinkCoach Surrey

What is DrinkCoach?

- DrinkCoach is a new Skype-based coaching service for Surrey residents aged 18 years and over who are drinking at increasing risk or higher risk levels and are seeking support to reduce their alcohol consumption.
- Individuals who meet the inclusion criteria will be offered up to six 30-40 minute Skype sessions with a trained alcohol advisor who will support them to meet their goals and reduce their intake.

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

Ways to access DrinkCoach

Referral by Agency

- Frontline staff and partner agencies can refer into the service via the [DrinkCoach](#) website. Individuals should be given the code **SURREY** to enable them to access free sessions.

Healthy Surrey website

- Individuals can refer themselves to DrinkCoach by visiting [Healthy Surrey](#) and booking an appointment.

Don't Bottle It Up!

- Individuals can access the service by visiting [Don't Bottle It Up](#) and taking the alcohol test. Those drinking at risky levels will be offered the opportunity to book a DrinkCoach appointment.

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