

# Could cutting down cut out the arguments?



**We don't judge, we help.**

If you are concerned about your own drug or alcohol use, or if someone you care about is struggling with issues around substance misuse, then call Pavilions, the drug & alcohol treatment service for Brighton & Hove. Visit the website for more information.

[www.pavilions.org.uk](http://www.pavilions.org.uk)

Freephone 0800 014 9819

Richmond House, Richmond Rd BN2 3RL

Drop in 10-4pm

Twitter @Pavilions\_org 

