

# Making Carers Count



**You do not have to use drugs  
or alcohol to be affected by them.  
There is support for you too.**

You cannot always change an addict's life.

But you can change your own. We're here to help.

Visit [www.carersinherts.org.uk/changemylife](http://www.carersinherts.org.uk/changemylife) or call **01992 58 69 69**

In the event that you have any questions or need advice out of office hours please call **0800 652 3169** to speak to a worker from **Spectrum** our countywide Drug and Alcohol Recovery Service.

**In an emergency please dial 999.**



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



**Carers in Hertfordshire**

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Tel: 01992 586969 [contact@carersinherts.org.uk](mailto:contact@carersinherts.org.uk)

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