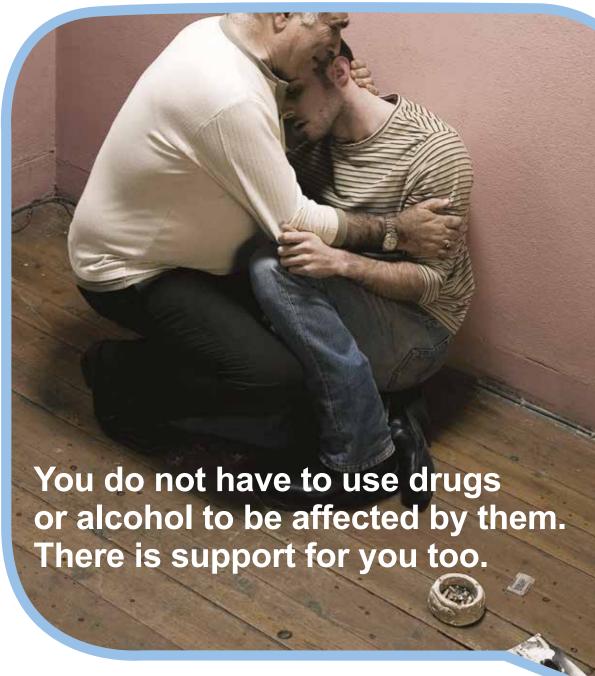
Making Carers Count Carers in Hertfordshire





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 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.







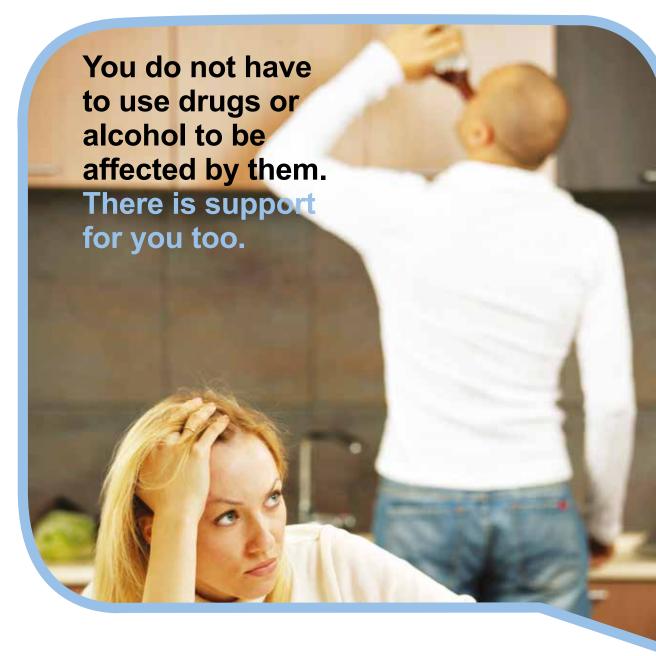


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