



West Sussex gets new online coaching service for risky drinkers

How to refer patients for free DrinkCoach appointments

DrinkCoach is an online coaching service now available for free to people who live or work in West Sussex.

The service is aimed at risky drinkers scoring 8-19 on the AUDIT or scoring 5-10 on the AUDIT-C.

Patients can receive up to six, 40 minute sessions with their own dedicated alcohol specialist. The intervention utilises the NICE approved Extended Brief Intervention framework and Motivational Interviewing approach.

DrinkCoach is professional, convenient and confidential, operating 7 days a week with daytime, evening and weekend appointments available.

Patients must be aged 18 and over to access appointments and this service is not suitable for dependent drinkers. They'll also need access to a Skype connection.



Referral is simple:

1. Direct the patient to www.drinkcoach.org.uk
2. The patient selects their appointment from an online booking calendar
3. The patient enters promo code **WSUSSEX** to book their free sessions

Alternatively, send the patient name, preferred contact details and AUDIT score (if completed) to our secure email drinkcoach.referrals@blenheimcdp.cjsm.net

DrinkCoach online coaching appeals to those with daytime commitments, perceived stigma and/or other barriers that may prevent them from accessing traditional face-to-face services and is an innovative way to reduce alcohol harm in West Sussex.

Thank you for your support.

DrinkCoach is delivered by Blenheim CDP | Registered charity: 293959 | Limited company: 1694712 | Registered office: 210 Wandsworth Road, London, SW8 2JU