

Information for Employees

This is a **free**, confidential service offering advice and support.

Is it for you?

- Are you worried about your alcohol and/or drug use?
- Have you missed work or been late because of a hangover?
- Do you feel your concentration is affected by alcohol, drugs or prescribed medication?
- Is the alcohol and/or drug use of someone close to you having an impact on your life?

For more information

Call Wendy: 07775 647 188

Nina: 07769 217 186

Email ess@cais.co.uk

Go Online www.cais.co.uk





Llywodraeth Cymru Welsh Government



The Employment Support Service is free and available to employees in North and South Wales until Sept 2013.
This is a European funded pilot sponsored by the Welsh Government.