

Reminder of the West Sussex DrinkCoach service for risky drinkers



How to refer patients for free DrinkCoach appointments

DrinkCoach is an online coaching service that is available for free to people (aged 18+) who live or work in West Sussex.

The service is aimed at risky drinkers scoring 5-10 on the AUDIT-C scratch cards (used by pharmacies delivering the Alcohol Identification and Brief Advice service), or scoring 8-19 on the full AUDIT (Alcohol Use Disorders Identification Test).

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. 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 the promo code **WSUSSEX** to remove the full cost of the session.

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 alcohol services and is an innovative way to reduce alcohol harm in West Sussex.

Thank you for your support.