

County Durham Drug & Alcohol Recovery service is delighted to be providing **Breaking Free Online** to people who use drug and alcohol treatment and community services in County Durham.

We constantly strive to provide our clients with innovative treatment opportunities. We're excited to be delivering **Breaking Free Online**.

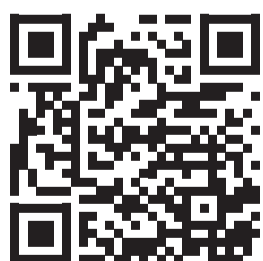
What is Breaking Free Online?

Breaking Free Online is a digital programme that allows you to recognise and address harmful psychological and lifestyle issues, helping you to conquer your dependence once and for all.

Who is Breaking Free Online suitable for?

It's suitable for you if your life is being significantly affected by drinking or drug use, and you'd like to reduce or stop completely. It's available for young people and adults, and you can access the programme 24/7 on any internet-enabled device, such as a PC, laptop, tablet or smartphone.

For more information on the **Breaking Free Online** offer, scan this QR code below:



please use access code
Durham11

