

Can you relate?

Often people make the decision to come to us after they have had some difficulties.

Alcohol, drug use and gambling can lead to a range of difficulties, including:

- difficulties with relationships
- issues at work or school
- incidents driving or at work
- arguments
- verbal, mental or physical abuse
- loss of friends
- feelings of embarrassment and shame
- feeling stuck in a rut
- legal difficulties
- financial difficulties
- depression and anxiety
- physical health problems like difficulty sleeping, poor appetite and high blood pressure

What can we do?

Our services are free, confidential, and build on your strengths.

We welcome anyone who has concerns about drinking, drug use, or gambling behaviour. It can be your own, or someone else's.

Our staff are trained and experienced in working with people.

Our work fits your situation, needs and goals – whether that is stopping or reducing your use.

We offer:

- Information
- Support
- One-to-one counselling
- Referral to other treatment services best suited to your needs
- Community consultations and presentations about problem gambling

Are you concerned?

Do you think someone you care about drinks too much, gambles too much, or uses too many prescribed or non-prescribed drugs?

Is someone else's drinking, drug use or gambling affecting your life?

We provide the same services to family members and significant others that we provide to people who are using alcohol/ drugs or gambling.

Three things we want you to know:

- you are not responsible for anyone's choice to drink, use drugs or gamble
- it's okay to talk about it
- it's not okay for someone to mistreat you or other family members because of their difficulties

professional counselling • confidential • free • working together • respectful

What can you expect?

Most people come to a group information session to learn more about our services for alcohol, drug use and gambling.

Your first appointment with a counsellor is a time for us to get to know you, and for you to get to know us.

We can then explore the various options that are available to you.

Other Information

Our services are *FREE* and *CONFIDENTIAL*.

Our qualified and caring staff will develop a plan with you to meet your needs and goals – whether that's stopping or reducing your use.

Our goal is to help you and those you care about to regain control and give you hope for the future.

Where can you find us?

We're part of the Huron County Health Unit.

Our main office is located on the east side of Highway 4, just south of Clinton, in the Health and Library Complex.

We have outreach offices in Exeter, Goderich, Wingham, and Seaforth. As well, we can provide services to youth in local high schools.

Contact our Clinton office to make an appointment for any of our locations.

Visit or Contact Us



Health & Library Complex
77722B London Rd., RR 5
Clinton, ON N0M 1L0
519-482-3416 x2505 or
1-877-837-6143 x2505

- 8:30 – 4:30, Monday – Friday
- evening hours may be available by special arrangement

Fax: 519-482-7820
Email: has@huroncounty.ca
Web: www.huroncounty.ca

Alcohol, Drug
and Gambling
Counselling Services

Huron Addiction Services

