



ALCOHOL & DRUGS

SUPPORT FOR FAMILIES IN LINCOLNSHIRE

If you believe someone you care about is using alcohol or drugs too much, Oasis offers caring, friendly and confidential support over the phone which is based on personal experience.

**Confidential Helpline:
Tel: 01522 581 796**

**Monday to Friday
(excluding Bank Holidays)
Between 9am & 5pm**

www.every-one.org.uk/services/oasis



**CONFIDENTIAL
SUPPORT**

FREE OF CHARGE

**TALK TO
SOMEONE WHO
UNDERSTANDS**

Oasis is an independent service supported by Every-One and is delivered by experienced volunteers who understand the needs of families where alcohol and drugs are a problem.

For more information on our services email us on:

oasis@every-one.org.uk