



**Breaking Free is a CONFIDENTIAL online program that can support you to cut down your drinking or substance use, or to quit for good!**

Gives you 24/7 access to personalised Cognitive Behavioural Therapy

Equips you with coping skills that are proven to be effective

Helps you manage high-risk situations

Supports you at every stage of your recovery journey



Go to: **breakingfreeonline.com** and click on SIGN UP

Then use this Access Code to create your account:

If you have an Android phone or iPhone, download the free Companion app too

Search for: **'Breaking Free Companion UK'**

