

# Open the door to a new life.....



**STAFELL FYW CAERDYDD**

YN AGOR Y DRWS I FYWYD NEWYDD

**LIVING ROOM CARDIFF**

OPENING THE DOOR TO A NEW LIFE

Offers bilingual, psychological support and aftercare for all qualified doctors in Wales with addiction difficulties...

## We also offer

- ♥ A relaxed, loving and non-judgemental environment
- ♥ Tailored help to progress in your recovery at your own pace. You're in the driving seat
- ♥ One-to-one Counselling and doctors' only support groups (see website)
- ♥ Holistic Therapies, employment support (see website)

[www.livingroom-cardiff.com](http://www.livingroom-cardiff.com)

If you or someone you care about is experiencing problems, we are here to help.

call us now on

**029 2030 2101**

or email

[LivingRoom-Cardiff@cais.org.uk](mailto:LivingRoom-Cardiff@cais.org.uk)

You can call enfys for free, confidential information, advice on **07796464045**

This service is accessible to any doctors in wales willing to travel to cardiff. If that's impossible, we'll come to you.

At enfys we take a holistic view of the individual as body, mind and spirit. If something is troubling you get in touch. We're here for you.

  
**Enfys**



## Are you or someone you know struggling with addiction?

Enfys provides on-going, bilingual, psychological support and aftercare for all qualified doctors in Wales with addiction difficulties.

[www.enfys.wales](http://www.enfys.wales)

# Come to Living Room Cardiff

We offer free, on-going support (in English and Welsh) and after-care for anyone affected by, or at risk of, difficulties relating to an addiction.

LIVING ROOM CARDIFF WORKS IN PARTNERSHIP WITH MEDIC SUPPORT PROGRAMME INSTITUTE OF PRIMARY CARE AND PUBLIC HEALTH CARDIFF SCHOOL OF MEDICINE.

We deal with all types of addiction, including alcohol, drugs (prescribed or illicit), gambling, sex, eating disorders and any other dependency or harmful behaviour.

We help anyone who needs support in taking that first step towards recovery or wants to maintain their on-going recovery. We also welcome and provide advice and support for family members, partners and friends who are affected by these addictions.

Confidentiality and mutual respect are paramount in all that we do.

We're here to help

[www.enfys.wales](http://www.enfys.wales)

Studies indicate that doctors, regardless of any stage of training and specialisation are a population highly at risk of developing addiction disorders (British Medical Association, 1998).

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