



Be   
Healthy  
Bucks

**Tailored**

alcohol reduction support  
for your patients.

Our expert team can help people reduce their alcohol consumption in a way that works for them.

**Our free alcohol reduction service offers:**

- Practical advice on alcohol alternatives
- Self-help resources
- Supported goal setting and action planning



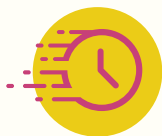
Buckinghamshire  
Council



maximus

Funded by Buckinghamshire Council and the NHS, this service is delivered by Maximus.

# Why refer to us?



Quick access to our expert health coaches



Simple referral and registration processes



Improve the health of residents in your community

Refer your patient today and we'll take it from there.



[bhb.maximusuk.co.uk](https://bhb.maximusuk.co.uk)



[bobicb-bucks.bhb@nhs.net](mailto:bobicb-bucks.bhb@nhs.net)



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or get in touch