



About us & What We OfferDelete Alcohol was Founded in 2002, and we have been on an epic journey since we launched.

Our Therapy is not like talking to a friend. It is far more effective, not only offering advice but giving you a fresh perspective, helping you find your own understanding of what you are dealing with, and teaching you coping strategies. And it's often easier to talk to a professional than a friend or family member as your counsellor is not personally involved in your situation, can offer impartial empathy and compassion, and will not take what you say personally. Anyone who is willing to accept help to look at themselves and their issues honestly and attentively can benefit from our Addiction Therapy.

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If you would like to sign up or know someone who may be struggling and needs real help breaking an addiction to alcohol, the process is very simple, we just need, your name, email address, and telephone number, we can then arrange a telephone appointment at a time that suits you, to discuss your individual case.