

# TAKE THE FIRST STEP

A south east regional service for anyone affected by problematic drugs or alcohol abuse

## **Carlow**

Tel: 056 778 4638  
LoCall: 1890 464 600

## **Kilkenny**

Tel: 056 778 4638

## **Waterford**

Tel: 051 848 658

## **Wexford**

Tel: 053 925 9825

## **South Tipperary**

Tel: 052 617 7900