

Do you.....

- Take pain killers for more than 3 days?
 - Take more than 8 a day?
- Watch the clock till it's time to take your next dose?
 - Need them to help keep you calm?
- Use two or more pharmacies for your purchases?
 - Mix the types of painkillers you take?
 - Take them to relax you?
- Suffer from Aches & Pains, shivers & flu-like symptoms if you don't take any?
- Feel like you are the only person with this problem?

Then you may have developed a **dependency on Codeine pain relievers.**

You are not alone. Thousands of people start taking pain relievers for very genuine reasons and find it spiralling out of control. You don't have to struggle alone. Codeinefree was set up to help people with this problem.

Visit www.codeinefree.me.uk for free impartial non judgemental advice. **Remember, you are not alone**