

‘Alcohol and Me’

Information pack



Contents

Brief recap of webinar.....3-4

Useful websites.....5-6

Mobile apps.....7

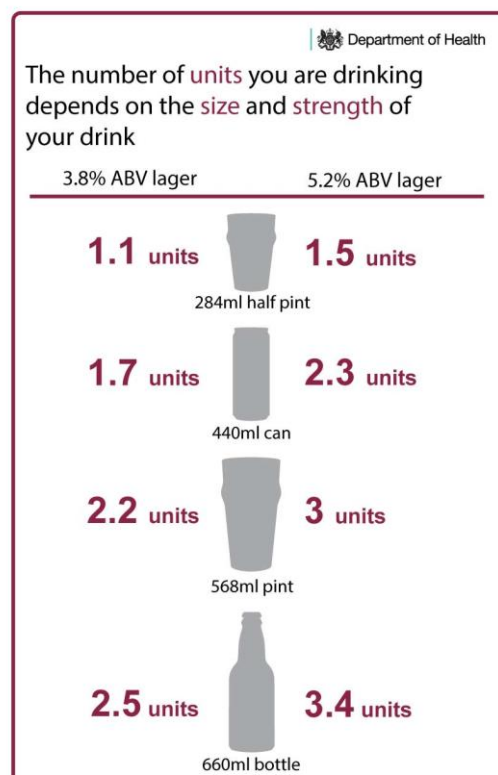
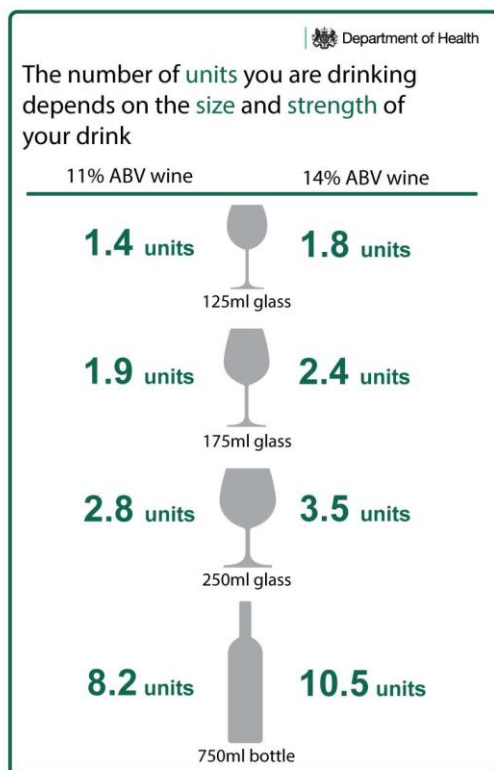
Alcohol screening tool.....8

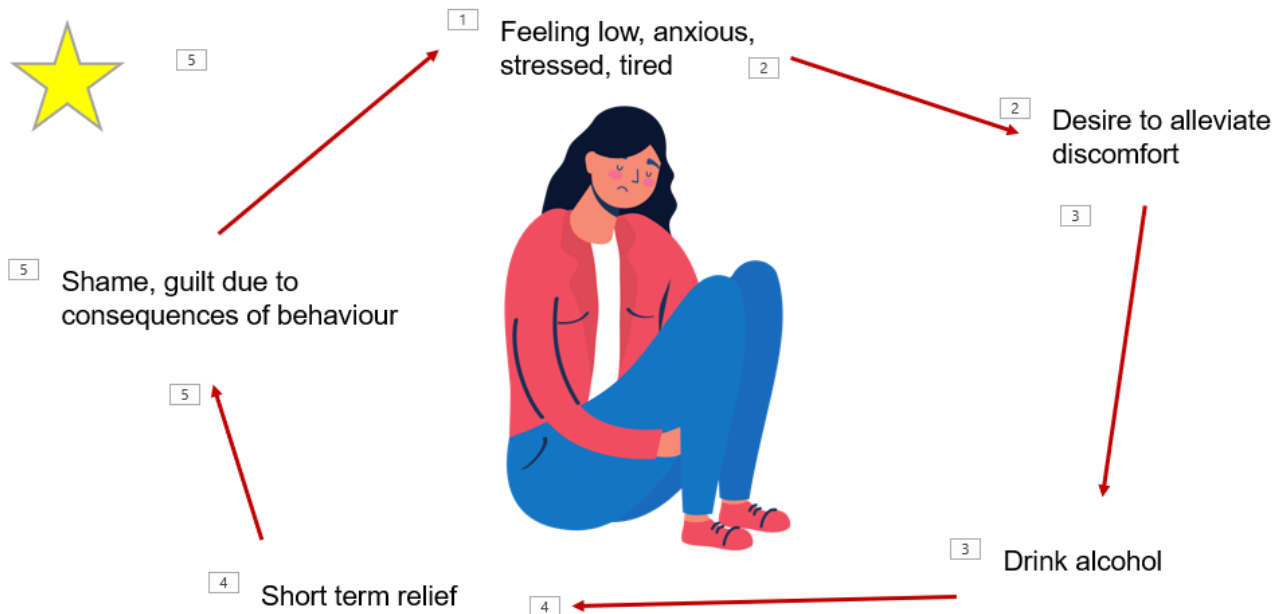
Thank you for attending our webinar on alcohol awareness. We hope you found the presentation informative and useful.

If you think you or someone you care about might be drinking too much, please use the information here to find out what to do next. Initially you may want to try some of the suggestions that were covered in the presentation but on top of this you could visit the websites listed below or try out one of the free apps. We have put a link to them below.

A brief recap

Alcohol can affect every part of the body and as a result of the negative impact alcohol can have to our health and well-being it is recommended that **no more than 14 units** are consumed within a week. It is also recommended that this total is divided over several days and that there are some alcohol-free days in the week.





Think about the things in your life that you may be struggling with at the moment. To what extent might alcohol be impacting on those areas?



Useful websites

[Drinkaware](#)

Drinkaware provides independent alcohol advice, information and tools to help people make better choices about their drinking. They also have a self-assessment tool so you can understand more about the impact of your drinking behaviour on your wellbeing.

[Alcohol Change UK](#)

Alcohol Change UK is a British charity and campaign group founded in 1984 whose aim is to reduce the harm caused by alcohol. It is best known for its flagship awareness programs Alcohol Awareness Week and Dry January.

[We Are With You](#)

This charity offers free, confidential support to people in England and Scotland who have issues with drugs, alcohol or mental health.

[NHS](#)

General support and guidance on how to proceed if you feel you are drinking too much.

[Support line](#)

Support Line is particularly aimed at those who are isolated, at risk, vulnerable and victims of any form of abuse.

[Help Me Stop](#)

Help Me Stop offers an affordable & accessible dayhab treatment programme in London for people with addiction problems. They also offer online treatment and provide family support.

[Alcoholics Anonymous](#)

AA is a worldwide community where individuals struggling with addiction and those living in recovery from addiction can come together to share experiences and get support from each other. Due to the pandemic many meetings have gone online.



AL-ANON

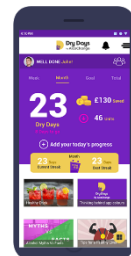
Family groups offering support to those whose lives are or have been affected by someone else's drinking.

SMART

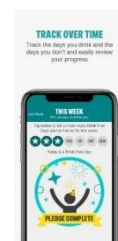
This is a registered charity which promotes choice in recovery through a national network of mutual-aid meetings and online training programmes with comprehensive teaching materials and manuals.

Free apps (available from your app store)

[Dry Days](#) is a free app designed to help you change your drinking patterns to improve your health and well-being. Set goals, track units and keep track of alcohol-free days.



[Drink Free days](#) is a free app made available by the NHS and Public Health England. Perhaps you have come across other apps such as their Couch to 5K or Easy Meals. Develop an understanding of your current drinking pattern and use the tools to take control.



[Drinkaware](#) have developed an app to help you keep track of your alcohol intake and to help you calculate how many units you have had. It also shows you how much money you are saving when you reduce your consumption.

