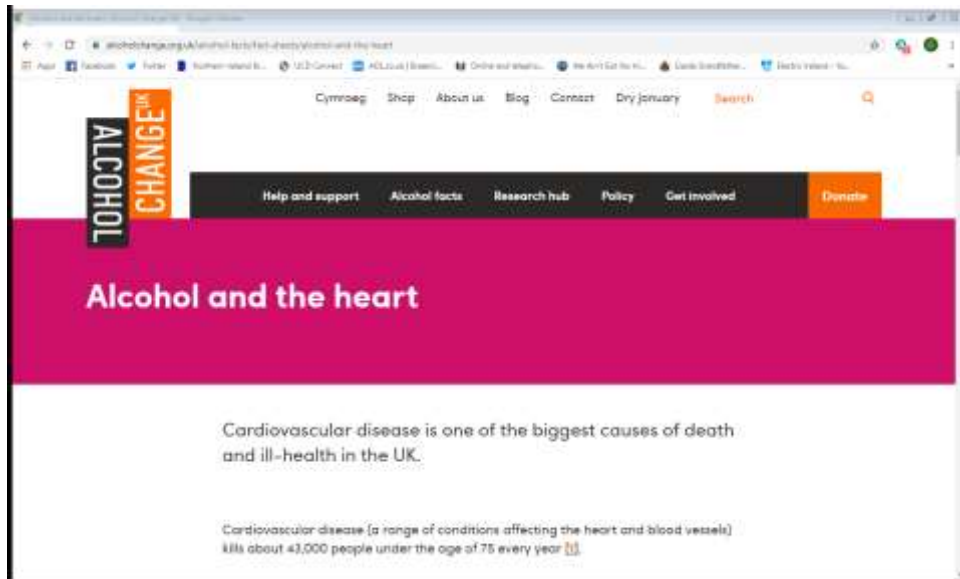


Alcohol Awareness

www.alcoholchange.co.uk



This website is crammed with information and research about how alcohol can affect your health and how to control it. Use the tabs across the top of the website to navigate through the information. There is also a "Help & Support" tab which redirects you to other sources of help.

www.nhs.uk/live-well/alcohol-support/

This is the official NHS advice area for people seeking help with alcohol addiction. It advises you on how monitor your alcohol consumption and where you can get help and support if needed.

www.alcoholics-anonymous.org.uk

This organisation offers help with recovery from alcohol addiction. You can use this website to find the nearest group to where you live. Simply enter your postcode.

www.publichealth.hscni.net

This is the Public Health Agency for Northern Ireland. It has useful information on many health topics but if you search the site under Focus on Alcohol, you can download a very useful booklet with that title. It explains very clearly the health effects of drinking too much alcohol and how to understand the units of measurement.

www.drinkaware.co.uk

Drinkaware has some very useful self-assessment tools, including an app that you can download. It also contains a lengthy list of other support services and how to contact them.

