



Is drinking making your home life unhappy?



Do you drink to escape worries?



Do you drink for confidence/self esteem?



Have you ever felt remorseful after drinking?



Have you ever had a loss of memory due to drinking?

If you have answered yes to any of the above then maybe it's time to change your drinking habits. Talk to your GP or other support professionals involved in your care about being referred to the Changing Habits Service where we can help with:

- 8 (1hr) weekly sessions
- Advice around changing unhelpful drinking patterns
- Signposting
- Mindfulness
- Build new ways of coping with life's challenges



You may not think you have an alcohol problem, but your body may be telling you differently. Talk to your GP about the effects your alcohol habits are having on your body.

## Am I drinking too much alcohol?

You could be misusing alcohol if:

- you feel you should cut down on your drinking
- other people have been criticising your drinking
- you feel guilty or bad about your drinking
- you need a drink first thing in the morning to steady your nerves or get rid of a hangover

**SOURCE:**  
NHS UK

Ask your GP or other support professionals involved in your care about the Changing Habits Service to find out more. We offer bespoke help to each individual. You may benefit from our 8 week program, or you might just need to be signposted elsewhere. It's always worth asking.

If you want to know more about the service get in touch:  
email: [changinghabits@changing-lives.org.uk](mailto:changinghabits@changing-lives.org.uk)  
call: 01904 621776

