



Change Your Drinking Habits



What's available?

Drinkaware App

Ready to change your drinking habits? You can do it with the free MyDrinkaware app.

The app can help you take the first step towards changing your drinking habits. By tracking units, calories and sleep quality, side-by-side, MyDrinkaware can guide you towards a brighter mood and healthier lifestyle.

Download on the [App Store](#) or [Google Play Store](#) today.



Your Health Notts

Your Health Notts provide FREE guidance on safer alcohol drinking across all of their lifestyle services.

Where alcohol is identified as the main priority, their experienced staff and volunteers support clients to reduce their drinking to a healthier level or to reach and maintain abstinence through one to one and peer support, group work alongside digital support.



Scan or search
'Your Health Notts'

Alcohol Quiz

Many people don't always know how much alcohol they drink and whether their drinking could have any impact on their health.

If you want to find out more about your drinking check out how healthy your drinking is with this quick quiz



Scan or search
'Alcohol Change
Check Your Drinking'

Change, Grow, Live

Change Grow Live offer an all-age service to everyone living in Nottinghamshire who is experiencing problems with alcohol.

Their service includes support for individuals as well as children and family members impacted by someone else's substance misuse.

This is a free and confidential advice and support service.

Scan the QR code to find out more!



**Change
Grow
Live**



Scan or search
'Change Grow Live
Alcohol Support'

For more info visit rushcliffehealth.org/phm

Next months topic... **ALCOHOL REDUCTION**