

Let's talk about alcohol harm

Wednesday 3rd July 2024
12noon - 2pm

Adswood Road Surgery,
270 Adswood Rd, SK3 8PN

- Myth busting
 - Hints and tips on cutting down or stopping
 - Health advice
 - Interactive game
 - Alcohol assessment
 - Blood pressure check
 - Advice for carers
 - Signposting
-

If you would like support with alcohol, please contact START on 0161 474 3141

risk taking
gambling
domestic abuse
debt
mental health
arguing

ALCOHOL

CHANGE^{UK}

hangovers
guilt
shame
memory loss
health problems
low mood
tired