



If you are doing Dry January and would like some support and structure, Alcohol Change can help.

They have a variety of resources and an App to help stay motivated and on track.



DRY JANUARY



SIXMHS

If you are concerned about your drinking and would like to talk to us about your options, please give us a call.

Confidential 24/7 Helpline: 07480 726 082

helpline@sixmhs.com