

# LAVAZZA

TORINO. ITALIA. 1895

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



## SIX MHS

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: 0800 880 7373

helpline@sixmhs.com