



DEVONSHIRE GROUP

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



DRY JANUARY

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



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: 07360 533 028**

**helpline@sixmhs.com**