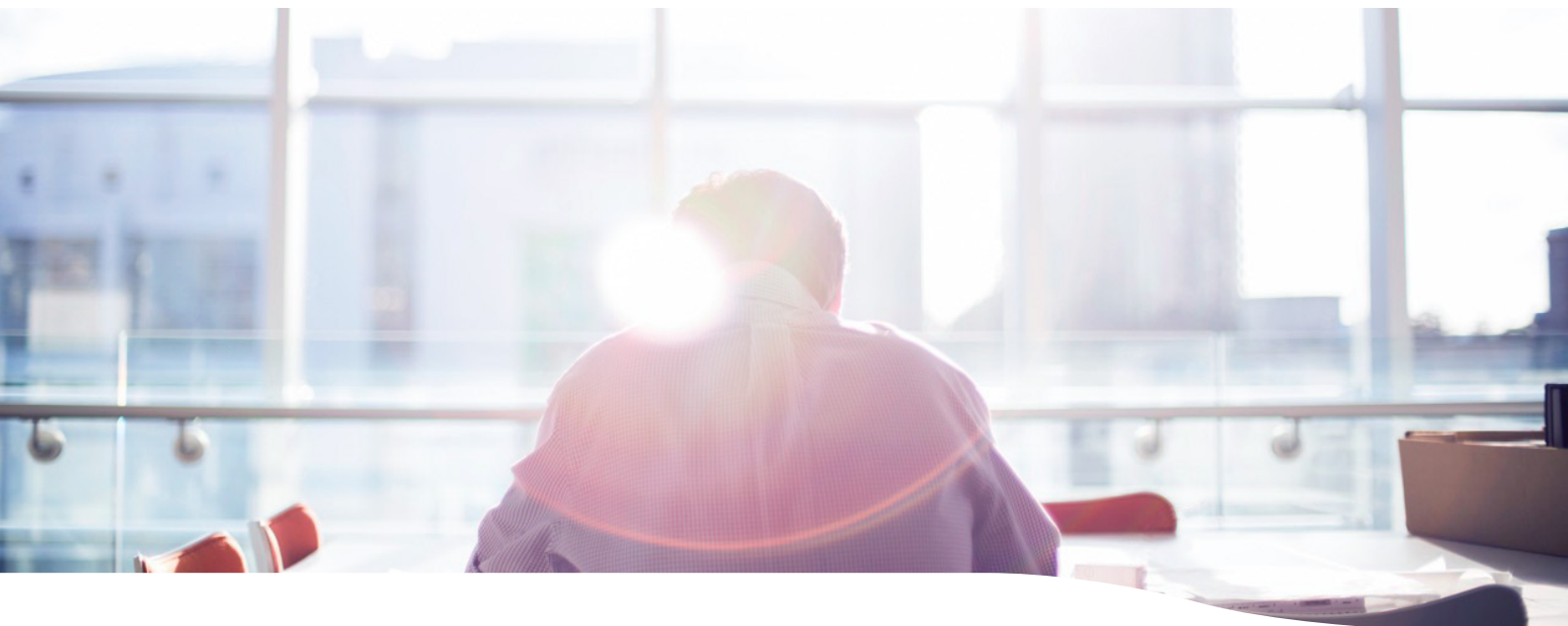


MAKE **ALCOHOL AWARENESS** PART OF YOUR WELLBEING CALENDAR



Alcohol affects our health in a variety of ways:

Emotional

Alcohol affects our mental health – it's important to be aware of the links between alcohol, stress, depression and anxiety.

Physical

Alcohol affects our sleep and our weight. Drinking consistently above the NHS guidelines is linked to diabetes, heart disease and strokes as well as 7 types of cancer.

Financial

Alcohol spending can have a large impact on our monthly outgoings. Keeping an eye on our drinking can have financial benefits too.

Help your employees to understand more about their drinking –
sleep better, feel better and spend less.

Alcohol Health Network can help your HR team with:

✓ Lunch & Learn Webinars

Interactive 45 minute sessions to help employees reflect on their current drinking habits, learn about the benefits of drinking within NHS guidelines and how to support a friend or colleague who might be drinking too much.

✓ Alcohol Health Roadshows

Roadshows with alcohol awareness materials and alcohol free drinks to taste, beer goggles, Drink Checker on iPads.

✓ Print materials

Beermats, scratch cards, fact sheets, unit wheels and more.

✓ Alcohol Awareness Training

For Line Managers, HR or Health Champions.

Train your line managers or health champions on how to spot and deal with alcohol issues in the workplace and find out how to support anyone who needs help to cut down and refer them to appropriate services. This can be delivered online or face to face.

For more information, get in touch:

hello@alcoholhealthnetwork.org.uk



drink**checker**

