Alcohol Awareness Week 2020
16-22 November 2020
Theme: Alcohol and mental health
Hashtag: #AlcoholAwarenessWeek

Example social media posts

General:

[We're / I'm] taking part in #AlcoholAwarenessWeek which is all about the link between alcohol and mental health. It's all too easy for our drinking to creep up, particularly at times like this. Find ways to drink more healthily and look after your mental health: https://alcoholchange.org.uk/get-involved/campaigns/alcohol-awareness-week-1

Monday: Alcohol and mental health: what's the link?

Day 1 of #AlcoholAwarenessWeek! When things get tough, alcohol is often the first thing we turn to try to handle stress, anxiety and depression. But over time drinking in this way can leave us feeling worse. Find out why: https://alcoholchange.org.uk/alcohol-facts/fact-sheets/alcohol-and-mental-health

Tuesday: Mythbusting

Relying on a drink to help you unwind? A drink often feels like the ideal way to mark the start of me time. But long-term, drinking too much and too often can make us feel more anxious. Find out how to drink more healthily: https://alcoholchange.org.uk/alcohol-facts/fact-sheets/alcohol-and-your-mental-health #AlcoholAwarenessWeek

Or

Relying on a drink to help you relax? Sometimes our drinking can creep up on us and over time it can lead to us feeling more stressed and anxious. Find out why: https://alcoholchange.org.uk/alcohol-facts/fact-sheets/alcohol-and-your-mental-health #AlcoholAwarenessWeek

Wednesday: The sharp end

Alcohol misuse is often just one of the complex challenges someone faces in their life. This #AlcoholAwarenessWeek find out about the issues and read the stories from those who are improving their own or other's lives: https://alcoholchange.org.uk/get-involved/campaigns/alcohol-awareness-week-1/the-alcohol-awareness-week-blog

Thursday: Our stories

Across the UK, people are making changes to their drinking and improving their mental health. By sharing their stories they're helping to break the silence and inspire change in others. Read their stories: https://alcoholchange.org.uk/get-involved/campaigns/alcohol-awareness-week-1/the-alcohol-awareness-week-blog #AlcoholAwarenessWeek

Friday: Time to act

It's been a tough year so this #AlcoholAwarenessWeek be kind to yourself and others by doing something positive. Whether it's learning a new skill, catching up with friends or family, or taking on a challenge, take the time to act. Read more: https://alcoholchange.org.uk/blog/2020/alcohol-awareness-week-time-to-act

Saturday: The need for change

People with alcohol misuse problems can face many challenges in life. But by working together we can provide support across all services ensuring there is no wrong door. Find out more: https://alcoholchange.org.uk/alcohol-facts/fact-sheets/dual-diagnosis-supporting-the-whole-person #AlcoholAwarenessWeek

Or

People with alcohol misuse problems can face many challenges in life. But by working together we can help those most in need ensuring there is no wrong door. Find out what we're doing: [insert your example here] #AlcoholAwarenessWeek

Sunday: What's next

#AlcoholAwarenessWeek may be coming to an end but the conversation on alcohol and mental health is only just getting started. Join @AlcoholChangeUK and a whole host of specialists for its online conference: https://www.eventbrite.co.uk/e/working-with-the-whole-person-alcohol-mental-health-and-complex-needs-tickets-115201476718

Or

#AlcoholAwarenessWeek may be coming to an end but the conversation on alcohol and mental health is only just getting started. Help spread the word about the benefits of taking time out from drinking by signing up for the Dry January campaign: https://alcoholchange.org.uk/get-involved/campaigns/dry-january/get-involved/dry-january-in-your-community

Or

Taking steps to manage our drinking and look after our mental wellbeing has never been more important. Why not download the free Try Dry app to help you keep track and drink more healthily? https://alcoholchange.org.uk/get-involved/campaigns/dry-january/getinvolved/the-dry-january-app
#AlcoholAwarenessWeek