

Alcohol Awareness Week 2019

Example social media posts

Please note: the body map and quiz links won't work until 11 November.

General:

[We're / I'm] taking part in #AlcoholAwarenessWeek. The theme for the week is 'Alcohol and me', exploring the impact that alcohol can have on our bodies, our lives and those we love. Get involved and find out more:

<https://alcoholchange.org.uk/get-involved/campaigns/alcohol-awareness-week>

Monday: Alcohol and your body

Day 1 of #AlcoholAwarenessWeek! Explore all things alcohol using @AlcoholChangeUK's interactive body map and quiz and clue up on some simple tips to help you drink more healthily. <https://alcoholchange.org.uk/get-involved/campaigns/alcohol-awareness-week>

or

Day 1 of #AlcoholAwarenessWeek! It can be easy to slip into bad habits with our drinking. Staying within the drinking guidelines of no more than 14 units a week can do wonders for our health. Find out how alcohol affects your body.

<https://alcoholchange.org.uk/alcohol-facts/interactive-tools/alcohol-and-your-body-map>

Tuesday: Knowing the risks

How many units are in a pint of beer or glass of wine? How long does it take your body to break down booze? This #AlcoholAwarenessWeek test your knowledge of alcohol and its impact on your body with this quick quiz.

<https://alcoholchange.org.uk/alcohol-facts/interactive-tools/alcohol-quiz>

Wednesday: Making a change

Taking steps to cut down our drinking can help us to become healthier and reduce our risk for many serious health conditions including cancers, mental health problems, and liver disease. Here are some tips to get you started.

#AlcoholAwarenessWeek <https://alcoholchange.org.uk/help-and-support/cut-down/tips-for-cutting-down>

If you're looking to cut down on your drinking, why not download the free Try Dry app from @AlcoholChangeUK? It's a great way to keep track of your drinking with charts and graphs and earn badges for drinking more healthily. #AlcoholAwarenessWeek <https://alcoholchange.org.uk/get-involved/campaigns/dry-january/get-involved/the-dry-january-app>

Thursday: Support for you

If you're struggling with your drinking, help is available and many people seek it every day. Find someone to talk to today and get the help you deserve. #AlcoholAwarenessWeek <https://alcoholchange.org.uk/help-and-support/get-help-now>.

Support for families

If someone you love is struggling with alcohol there are steps you can take to improve things – starting with making sure you have the support you need. Talk to someone today. #AlcoholAwarenessWeek <https://alcoholchange.org.uk/help-and-support/get-help-now/family-and-friends>

Friday: Stories of change

Alcohol harm is a huge issue in the UK – but every day, people across the country take steps to change their lives, and amazing charities, support services and people help them do it. Read some of their stories. #AlcoholAwarenessWeek www.alcoholchange.org.uk/get-involved/campaigns/alcohol-awareness-week/the-alcohol-awareness-week-blog

Saturday: Alcohol harm in the UK

#AlcoholAwarenessWeek might be coming to an end but the harm caused by alcohol continues. Read all the latest stats on alcohol in the UK. <https://alcoholchange.org.uk/alcohol-facts/fact-sheets/alcohol-statistics>

Sunday: Together for change

Together we can reduce the serious harm caused by alcohol. Sign up to the @AlcoholChangeUK newsletter to stay in the loop and help make change happen. #AlcoholAwarenessWeek <https://alcoholchange.org.uk/>