



Marion

“Drinking glasses of wine or beer each night was adding up to far more than I realised. But checking my drinking helped me cut back and feel better.”

Take two minutes to explore the role alcohol is playing in your life and consider if you'd like to make a change.

Check your drinking - quick, free and non-judgemental

[alcoholchange.org.uk](https://alcoholchange.org.uk)

Alcohol Change UK is the operating name of Alcohol Research UK. Registered charity number 1140287. Company limited by guarantee in England and Wales 7462605.

