



Tim

“The positive impacts showed up quietly at first – clearer thinking, a sense of pride coming back, deeper connections with the people I love.”

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

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

