

Drinking?

Want to make a change?



Are you concerned about your drinking?



Are you concerned about someone else's drinking?



Are you a professional supporting individuals looking to make a change in their drinking?

Please find more information about alcohol and a list of free confidential services who may be able to support you on www.makethechange.ie



Scan me!

For additional information on supports and services please contact:
HSE Drug and Alcohol Helpline on **1800 459 459** or email helpline@hse.ie

makethechange
An Alcohol Reduction Resource

www.makethechange.ie

