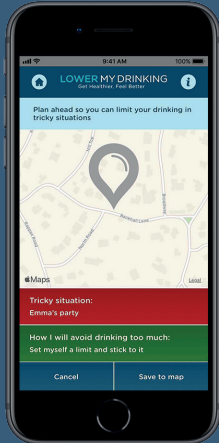




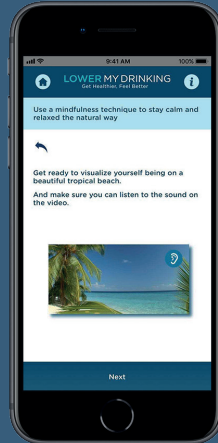
LOWER MY DRINKING

Get Healthier, Feel Better

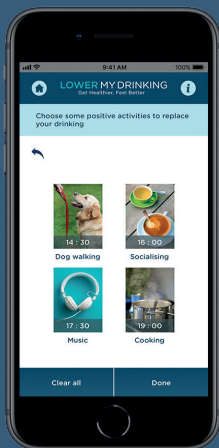
Plan how you can avoid drinking more than you intend to



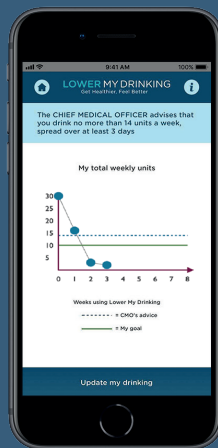
Use mindfulness to help you deal with the stresses of life



Replace drinking with positive activities in your daily routine



Keep track of how much you are drinking each week



What is Lower My Drinking?

Lower My Drinking is a CONFIDENTIAL app that will help you cut down your drinking.

It will allow you to track your drinking week to week so you can see your progress.

And it will explain what may be causing you to drink more than you would ideally like to – such as, for example, stress or how you think about alcohol – and give you proven techniques to help you deal with these issues.

Lower My Drinking is easy to follow and personalised to you.

It will give you effective support whenever you need it because you can access the app on your phone anytime and anywhere.

So use Lower My Drinking to help you reduce your drinking, get healthier and feel better!

Available FREE to all residents of Milton Keynes.

Download the app from Google Play or app Store today.

Search for ‘Lower My Drinking’



Contact your local alcohol support service:

ARC Milton Keynes

Call FREE on 01908 250730

Visit [www.https://www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse/arc-milton-keynes](https://www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse/arc-milton-keynes)