

ALCOHOL AWARENESS WEEK BY SIX

# ALCOHOL AFFECTS MORE THAN JUST YOU

BREAK THE CYCLE THIS ALCOHOL AWARENESS WEEK



**Your choices matter** - because alcohol doesn't only impact your health. It impacts your relationships, your career, your future.

Alcohol is often seen as a personal choice, but its effects ripple far beyond you. Every time you drink, your behaviour, mood, and decisions can shape the lives of those around you:

- **Family:** Conflict, instability, and emotional harm.
- **Friends:** Trust breakdowns, disconnection, and concern.
- **Work:** Performance dips, lost opportunities, and job insecurity.

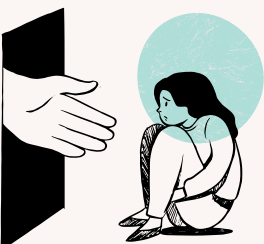
## THE POSITIVE IMPACT OF NOT DRINKING

- Rebuild trust and emotional connection with your loved ones.
- Improve mental clarity and boost physical wellbeing.
- Increase productivity and reliability at work.
- Become a stronger role model for those around you.
- Build a new cycle—one based on strength, support and sobriety.

## HEALTHY STEPS TO START BREAKING THE CYCLE:

- Take a break from alcohol—even short periods bring huge benefits.
- Be honest with yourself about your drinking habits.
- Reach out for professional or peer support.
- Replace drinking with healthy coping strategies—exercise, journaling, walking, creativity.
- Join a recovery community—you're never alone in this journey (Six's Safe Spaces Coming Soon).

Break the cycle today. You are not alone—and you are never too far gone to turn around.



## SIX ARE HERE TO SUPPORT YOU — WHEREVER YOU ARE IN YOUR JOURNEY

### SIX MHA Addiction Services:

- **Addiction Helpline**

Operated by those with lived experience of addiction recovery and supervised by our team of medical professionals.

- **Network of Addiction Therapists**

We connect you to experienced therapists who explore the root causes of your addiction.

- **Staying Stopped Programmes**

'Staying Stopped' & 'Staying In' offer mentorship and therapy to support the beginning of your recovery journey.

- **Peer Support**

Experienced mentors who have walked the same path and are here to support you.

- **Addiction Recovery Meeting**

An online meeting providing community and connection.

- **Six's Safe Spaces Community**

An online community for recovery and wellbeing: stories, safe sharing, webinars, live sessions, and talks.

- **Mobile App**

Recovery support in your pocket. Resources, connection, and holistic wellbeing tools.

24/7 Confidential Helpline- 07441935913 | [helpline@sixmha.org](mailto:helpline@sixmha.org)

[www.sixmha.org](http://www.sixmha.org)

Scan for the SIX MHA App- BAR-615-869

