

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.

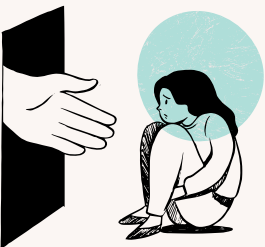
THE POSITIVE IMPACT OF NOT DRINKING

- 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- 08008807373 | addiction@sixmha.org

www.sixmha.org

Scan for the SIX MHA App- LVZ-489-754

