DRINK RESPONSIBLY – LIVE HEALTHY

Empowering businesses through Education and Prevention

INTRODUCTION

This campaign aims to educate individuals and communities about the risks, impacts, and consequences of alcohol consumption while promoting healthier choices and fostering environments that support prevention.

Your relationship with alcohol matters.
Even small changes can make a big difference to your health, mood, and relationships.

POSITIVE IMPACTS OF CUTTING DOWN OR QUITTING

Physical Health :

- Better sleep.
- More energy and stamina.
- Lower blood pressure and risk of heart disease.
- Healthier skin and weight management.

Mental Wellbeing :

- Reduced anxiety and depression.
- Clearer thinking and better focus.
- Improved mood regulation.

Social & Personal Life:

- Stronger relationships.
- More meaningful connections.
- Greater productivity and confidence.

Do not hesitate to reach out for support !

SIGNS YOU MIGHT HAVE A PROBLEM

Ask yourself:

- Do I drink to relax or escape?
- Have I tried to cut back but couldn't?
- Is alcohol affecting my work, relationships, or health?
- Do I feel guilty or secretive about drinking?

If you answered yes to one or more—it might be time to explore support.

Consider checking out this external and confidential alcohol self-test.

TIPS FOR STAYING HEALTHY

- Choose alcohol-free days each week.
- Set a drink limit in social settings.
- Try alcohol-free alternatives.
- Stay hydrated and eat before drinking.
- Surround yourself with people who respect your goals.

YOU'RE NOT ALONE – GETTING SUPPORT

Getting help isn't a weakness—it's the beginning of strength.
SIX MHA are here to support you, and can help with :

- Connection & Community.
- Personalised recovery support programmes.
- 1-to-1 mental health or addiction counselling.
- Peer support.
- Practical tools for building healthier habits.