



ANYONE EVER **SPOKEN**
TO *you* ABOUT YOUR DRINKING?

HAS YOUR **DRINKING**
EVER GOT *you* INTO TROUBLE?

YEAH *OR* NAH?

IF YOU THINK YOU'RE ANSWERING 'YEAH' A BIT TOO MUCH,
MAYBE WE CAN HELP YOU SAY 'NAH' A BIT MORE OFTEN.
CALL THE ALCOHOL HELPLINE ON 0800 787 797