

The Revolutionary New Online Program to Help Problem Drinkers

Address: <http://www.downyourdrink.org>

DOWN YOUR DRINK

Down Your Drink..... It takes less than an h



Should your drinking worry you?
DOWN YOUR DRINK is the revolutionary six week online program that tells you what you need to know to stay drinking at a safer level. [Click here](#) for more information...

If you think you may be drinking more than is good for you [click here](#) to find out

  

If you think you maybe drinking more than is good for you [visit the website](#) to find out.



★ The Down Your Drink self-help program is:

- ✓ For anyone who is worried by their drinking and wishes to cut down
- ✓ Strictly confidential and free of charge
- ✓ In 6 weekly parts, taking less than an hour a week
- ✓ Accessible 24 hours a day from any PC connected to the Internet
- ✓ Based on the latest, proven practical methods to reduce drinking as recommended by leaders in the alcohol treatment and education field

If you have patients who could benefit from learning how to become "Thinker Drinkers" pass on our web address:

www.downyourdrink.org

To receive additional Down Your Drink leaflets
tel: 020 7530 2378 e-mail: info@downyourdrink.org



Alcohol Education and Research Centre



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Short Test Questions





How often during the last year have you failed to do what was normally expected of you because you were drinking?

Never ☐

Less than Monthly ☐

Monthly ☐

Weekly ☐

Daily ☐

Before registering, users must answer a few multiple choice assessment questions. The site will immediately feed back personal drinking scores and "screen out" those for whom the course is not suitable.



Personal Drinking



Consumption	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Alcohol Units	50	40	35	30	25	10

Down Your Drink members, decide their own drinking targets, keep a weekly drinking diary and decide when and where to complete the program.

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