EVER BEEN HURT AS A RESULT OF YOUR DRINKING?
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
alcoholdrughelp.org.nz
Making the decision to cut down or stop drinking is about recognising how you and others feel about your drinking. If bad things tend to happen when you drink or your friends and family have suggested you look at your drinking, it might be time to make a change.

Head to alcoholdrughelp.org.nz to check out tools and advice to change your drinking, or if you want to contact us:

Call 0800 787 797 – Alcohol Helpline

or our

Māori Line – 0800 787 798

Pasifika Line – 0800 787 799

Free txt 8681 and we will txt you back to see how we can help

Visit alcoholdrughelp.org.nz for information or to chat online