

The

IMPACT

Alcohol has on your Mental Health

...and life in general

How does it feel to be told that you are drinking too much? (above the National Recommended Guidelines)

What do you enjoy the most about alcohol and/or what are the main reasons for drinking?

Is there anything you don't like about drinking?

What effect do you think the levels you are drinking have on:

- + Your Mental/Physical Health?
- + Any medications you are taking?
- + Relationships?
- + Your day to day living?

Compare your mood and behaviours: Sober and When drinking

Sober

When drinking



Are there any behaviours that you would you like to change?

What do YOU think will happen if you continue to drink at these levels?

What would be the benefits of cutting down on your drinking?

On a scale of 0 – 10
How READY are you to look at ways to
Reduce your Alcohol Intake?
0 1 2 3 4 5 6 7 8 9 10
0 being not at all: 10 being more than ever