

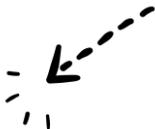
A man with a beard and glasses, wearing a blue cable-knit sweater, is sitting on a grey couch. He is holding a glass of red wine and looking at it. In front of him is a table with a bottle of wine. The background shows a living room with a potted plant and a framed picture on the wall.

Cutting down on

ALCOHOL

WHY CUT DOWN ON ALCOHOL?

Cutting down on alcohol has lots of benefits and is an important step for protecting your overall health. It can help you to:

-  lower your blood pressure
-  reduce your risk of developing cancer, liver or heart disease
-  have better looking skin
-  maintain healthy weight
-  have more restful sleep
-  feel more energetic
-  improve your mood
-  have higher concentration levels





HOW TO LIMIT ALCOHOL?

If you would like to cut down on alcohol, but you are not sure where to start, we have prepared a list of websites and booklets that will provide you with some useful tips and advice.

[DrinkAware Digital tools](#)

Digital tools that can help you assess, track and set goals to reduce your drinking. The assessment tools may help you identify if the amount you drink could be putting your health at serious risk.

[Alcohol and You. An NHS self help guide](#)

A booklet with lots of useful information, tips, and guidance on where you can seek professional help if you are struggling with alcohol.

[NHS Tips on cutting down](#)

Simple and useful tips on how to reduce the amount of alcohol that you drink.

[Alcohol and You](#)

This booklet is for anyone concerned that their drinking is affecting them in a negative way. It will give you information and practical ideas that will help you make choices that are right for you.

NEED SUPPORT?

If you feel that you have problems with alcohol, you could book an appointment with your GP or visit your [local alcohol support services](#) to get support. Below are some useful organisations where trained advisors are on hand to give you confidential advice:

Drinkline - free, confidential helpline for anyone who is concerned about their drinking, or someone else's. You can call them on 0300 123 1110 (weekdays 9am–8pm, weekends 11am– 4pm)





[Drinkchat](#) - trained advisors are on hand to support you with confidential advice about alcohol. You can speak to someone at Drinkchat between 9am-2pm on weekdays.

[Alcoholics Anonymous \(AA\) Great Britain](#) - supports the recovery and continued sobriety of individuals. You can contact them for free on 0800 9177 650 or via help@aamail.org. They also organise group meetings for anyone who struggles with alcohol – find a meeting in your local area by inserting your postcode in the search box.

[We Are With You](#) – a charity helping individuals, families and communities to manage the effects of drug and alcohol misuse. You can contact them via their web chat or find face to face support services across the UK.

A close-up photograph of a wine glass being filled with red wine. The glass is positioned on a wooden table, and the wine is being poured from a bottle, creating a stream of red liquid. The background is blurred, showing an outdoor setting with greenery and a person's arm.

REFERENCES

[DrinkAware](#)

[Alcohol Change UK](#)

[NHS](#)

Disclaimer: Corazon Health provides general information on health and wellbeing related topics. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns about your health, you should always consult with a health care professional. Corazon Health cannot accept liability for any injury, loss or damage resulting from this document and its content.

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