The Revolutionary New Online Program to Help Problem Drinkers

**Down Your Drink**

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 "Thinner Drinkers" pass on our web address: [www.downyourdrink.org](http://www.downyourdrink.org)

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

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<th>Alcohol Units</th>
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**TARGET DRINKING LEVEL**

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

If you know someone who could benefit from learning how to become "Thinker Drinkers" pass on our web address: [www.downyourdrink.org](http://www.downyourdrink.org)

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**NHS**

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**UCL**