

# Has the COVID-19 pandemic affected you and the amount you drink?

## Do you need help to lower your drinking?

A few pints a week may seem harmless but your drinking levels could be harming your health. You can now get help to control your drinking with the new 'Lower My Drinking' app now available **FREE** in your local area.

The app can help you measure your alcohol score in minutes and can provide you with more tailored support if you need it.

It offers practical steps that you can add into your weekly routine to help lower your drinking such as:

- regularly reviewing your drinking habits
- comparing your drinking levels every week to see how you score
- using motivational techniques to help you on your journey to healthier drinking
- setting yourself alerts to help you on your way to staying on top of your drinking levels

The app is free to download and use for anyone who lives or works in Cheshire and Merseyside.

# Download the **FREE** Lower My Drinking app

Get healthier. Feel better.

