



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

Health New Zealand
Te Whatu Ora