

Tips for staying on track

Now you've made the change, here are some tips for staying on track:

- Know your triggers for drinking and what you can do instead.
- Avoid having alcohol in the house – so you're not tempted.
- Have your 'no thanks' prepared for when you're offered a drink.
- Ask your friends and family to support you.
- Join a gym, start a hobby or do some study to give you a new focus.
- Avoid situations or people that may cause you to drink.
- Be kind to yourself and celebrate your progress.

- You don't have to do this alone
- We're here to help
- Watch out for your mates



**WORRIED
ABOUT YOUR
DRINKING?**

**THERE'S
PLENTY
OF HELP
AVAILABLE**

www.whataboutu.co.nz

Should I be concerned?

Signs you might need help

- Drinking too much.
- Lying about drinking or hiding alcohol.
- Being less social than usual.
- Not keeping on top of tasks at home, work or school.
- Past attempts to stop drinking haven't worked.
- Health issues that could be caused by drinking.
- Mood swings (often linked to alcohol use).
- Losing interest in activities you once found enjoyable.

HAS YOUR DRINKING
CAUSED PROBLEMS
FOR OTHER PEOPLE?

If some of these
signs sound familiar,
it's time to make
a change.

WE CAN HELP!

Local support to help you
cut down or stop

Medical centre: Talk to your doctor or practice nurse.

Pathways: Addiction, mental health and wellness services. Phone 06 370 6100 or email wairarapa@pathways.co.nz

Te Hauora Runanga: Addiction and whanau support services. Phone 0800 666 744 or email throwinc@tehauora.org.nz

National services

Alcohol & Drug Helpline:
Phone 0800 787 797
www.alcoholdrughelp.org.nz