



Alcohol Awareness

The Health Improvement team in partnership with BDACT are offering staff support and Guidance.

Over three-quarters of adults in Northern Ireland drink alcohol, but consuming too much can seriously affect our health; including our mental health. It can be easy to fall into a habit of having a few drinks after work as a way to de-stress and this can lead to an increase in the amount we drink over time – sometimes without us even realising.

If you'd like to find out more you can drop into 3 pop-up sessions taking place at Trust sites on the dates below or you can take the [online Alcohol MOT](#) to understand your drinking habits.

Pop-Up Alcohol Awareness Stands:

- Thursday 14th September: 10am – 1pm - Royal Hospital – Canteen
- Tuesday 3rd of October : 10am – 1pm – BCH – D Floor
- Tuesday 10th of October: 10am – 1pm - Royal Hospital – Canteen



At the stands you can meet Donna from the Trust's Health Improvement Team and Diane from the BDACT Connections service who will have a range of information and free resources to give out, in addition to being on hand to chat to staff about alcohol, mental health and wellbeing in general. Donna can also provide information on the full range of wellbeing supports available to Trust staff free of charge through programmes like Here4U

If you're looking for information and resources regarding alcohol don't forget to look at the [B Well website](#). The [Positive Choices](#) section includes an alcohol awareness webinar you can watch at any time as well as links to support services. You can also check out our range of Self Help guides [here](#) including one titled "Alcohol and You". You can also visit the [Drugs & Alcohol NI website](#) where you can find links to of self-help tools, videos and information including this leaflet on [alcohol and mental health](#).

If you are concerned about your drinking or someone else's, you can access a list of support services in the Belfast area [here](#).

For more information on the resources and programmes offered by the Health Improvement Team please visit our page [here](#).