

DON'T
BOTTLE
IT UP

Had a few
too many
recently?

Visit
dontbottleitup.org.uk

take the alcohol test

Get free, personalised advice about alcohol at dontbottleitup.org.uk by spending just two minutes answering some confidential questions about your drinking. You can also find out where to get support locally and much more.

dontbottleitup.org.uk

HAGA
with you in recovery

