

Six signs that you could be developing a dependency on alcohol

Being dependent on alcohol can negatively affect your physical health, mental health, family life, and work.



Anyone can develop a dependency so it's important to consider if you are at risk. **The more statements you agree with below, the greater your risk.**

1. You are **drinking earlier** than normal.



4. You are having to **drink more** in order to get the same feeling.



2. You need a **drink to relax**.



5. You **drink** when you are **alone**.



3. You often **think** about when you can have your **next drink**.



6. You find it **difficult to stop** drinking once you have started.



Take action now

If you think you might be becoming alcohol dependent, then it's important to take action now.



Support the NHS

Alcohol related incidents put an additional strain on NHS staff. Join others in supporting the NHS by cutting down your drinking.

If you are concerned about your drinking, please contact **CGL SPECTRUM** on 0800 652 3169 or visit their website www.changegrowlive.org

