



**CALM
YOUR
MIND**

THE PROBLEM IS WHEN YOU DON'T KNOW YOU HAVE A PROBLEM.

Ged used alcohol to cope with grief and illness.

If you're drinking more than usual to manage stress or pain -
you're not alone. Take back control.

Visit calmyourmind.co.uk for hints and tips on what you can
do to help you feel better.



Scan the QR code with your camera or visit
calmyourmind.co.uk