

# 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. For practical hints and tips on what you can do to get back to a better place visit [calmyourmind.co.uk](https://calmyourmind.co.uk).



Scan the QR code with your camera or visit  
[calmyourmind.co.uk](https://calmyourmind.co.uk)