

# Lifestyle Resources and information: Alcohol

## Resources:

### Alcohol Concern (Fact Sheets).

<https://www.alcoholconcern.org.uk/factsheets>

Useful, printable, factsheets on alcohol and a range of conditions.

### NHS Choices

<http://www.nhs.uk/conditions/Alcohol-misuse/Pages/Introduction.aspx>

<http://www.nhs.uk/Livewell/alcohol/Pages/Alcoholhome.aspx>

The website provides guidance, fact sheets, case studies on alcohol misuse.

### PHE Alcohol Learning Resources

<https://www.bhf.org.uk/heart-health/preventing-heart-disease/healthy-eating>

<https://www.bhf.org.uk/heart-health/preventing-heart-disease/alcohol>

Information and resources on reducing alcohol related harm.

### One You - Alcohol

<https://www.nhs.uk/oneyou/drinking>

Resources, advice, fact sheets and apps on alcohol

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## APPS:

### One You - Days off App

<https://www.nhs.uk/oneyou/apps#>

<https://itunes.apple.com/gb/app/one-you-days-off/id1196694906?mt=8>

(to access via an apple device).

<https://play.google.com/store/apps/details?id=com.phe.daysoff>

(to access via Google Player).

The One You Days Off app is a simple and easy way to track the days you drink alcohol and the days you don't. Feel healthier, lose weight and save money – simply nominate days to take off drinking and get practical, daily support to help you stick to it

### One You - Drinks Tracker.

<https://www.nhs.uk/oneyou/apps#>

<https://itunes.apple.com/gb/app/one-you-drinks-tracker/id1082307338?mt=8>

(To access via an apple device).

<https://play.google.com/store/apps/details?id=com.PHE.drinkstracker>

(To access via Google Player).

Drinking a bit too much can sneak up on you. The free drinks tracker app makes it easy to keep an eye on the booze and take control with daily tips and feedback.

