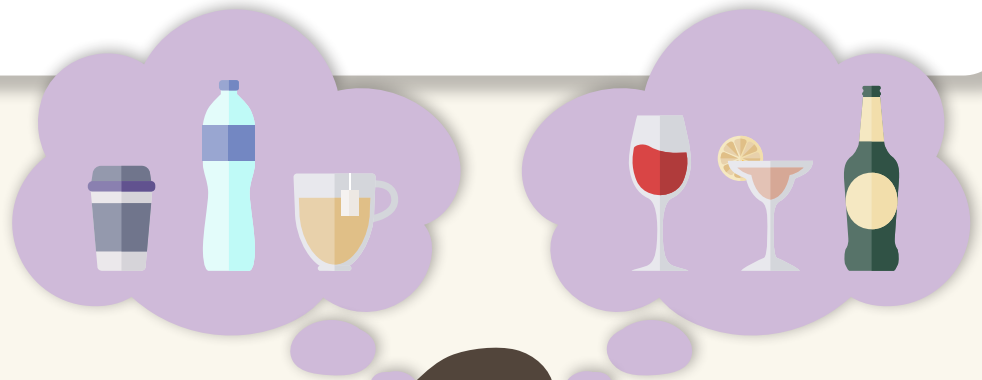


## The Impact of Drinking on Mental Health

- ✓ Let's recognise the impact of alcohol on mental and physical health, and reduce the stigma associated with seeking help.
- ✓ Only 20% of those expressing a mental health need in alcohol treatment said they were supported through community or other mental health services.
- ✓ There's estimated to be over 600,000 dependent drinkers in the UK, but only roughly 18% are receiving treatment.



Scan the QR code to explore the unique challenges related to alcohol use, and find resources to support mental health and resilience during Alcohol Awareness Week, from 1st - 7th July.



counselling  
& advice helpline

 0800 328 1437

 [employeeassistance.org.uk](https://employeeassistance.org.uk)



The counselling & advice service is provided by Wellbeing Solutions.  
wsm-wellbeing.co.uk