

Thinking you might be drinking too much?

The answer
is in your
hands



LOWER
MY DRINKING

Get started

The Lower My Drinking App gives you all the help you need to reduce your alcohol intake, set personal goals, track progress and feel the benefits of a healthier lifestyle.

Download the free app today or visit lowermydrinking-nhs.org.uk



LOWER MY DRINKING
Get Healthier, Feel Better



Champs
Public Health
Collaborative



Cheshire and Merseyside