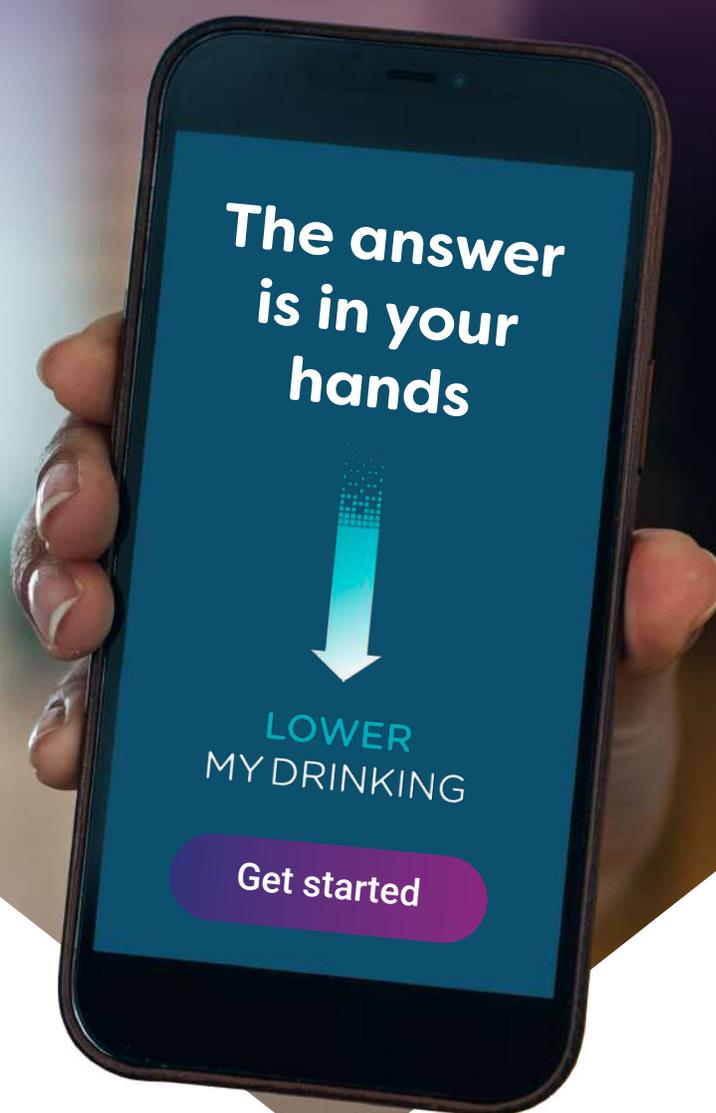


# Want help to cut down your drinking?



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](https://lowermydrinking-nhs.org.uk)**

