

Alcohol costing you more than money?

You don't need to be alcohol dependent, or 'alcoholic', for alcohol to be causing problems in your life.

You can find out more about how alcohol can impact our lives, and what support is available, by visiting alcohol-focus-scotland.org.uk

**Worried about your own or someone else's drinking?
Drinkline can provide advice: 0800 731 4314
Mon-Fri, 9am to 9pm
Sat-Sun, 10am to 4pm**

