

# *Post-Christmas Blues?*



Get your **free and confidential**  
*Drink Smart* guide

Text **SMART** now to **80480**  
(standard text message rates apply)

# How might the *Drink Smart* guide help *you*?



*Drink Smart* is an illustrated self-help guide designed to help you make positive choices about alcohol. It includes:

- Units and calories of common drinks
- Facts on how much is too much
- Self-test to find out if your drinking is putting you at risk
- Tips and exercises for cutting down or having time off
- Where to go for more information

After texting **SMART** to **80480**, we will contact you to arrange postage of your free colour *Drink Smart* guide. All personal details are kept confidential.

Manchester   
Primary Care Trust

Manchester Public Health Development Service