



**“You need to think about if you have to drive the next day... that’s a big responsibility”.**

*Are you worried about your own or someone in your family's drinking?*

*Visit My Family and Alcohol to find out more about how alcohol could be affecting you or those around you.*

**SCAN ME**



**FOR INFO**



[www.myfamilyandalcohol.org.uk](http://www.myfamilyandalcohol.org.uk)