***Information and advice***

Look at the NHS guidance with the client - <https://www.nhs.uk/oneyou/for-your-body/drink-less/>

Ask the client if they would like to look with you at: ’Know your units’/‘What’s the health risk?/Top tips to cut down on alcohol.’

Also point the client to other sections they might want to look at later such as ‘Drink free days app’ and ‘How many calories are there in alcoholic drinks?’

***Other self-help tools to signpost clients to can be found on the ‘Useful Resources alcohol’ handout.***