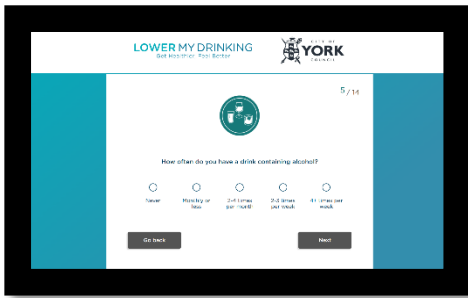


Lower My Drinking Quiz & Advice Website & App



City of York Council have launched **Lower My Drinking**, an **alcohol quiz and advice website**. People who live in York can visit it at www.lowermydrinking.com.

It's completely **FREE** and, based on the quiz ([AUDIT questionnaire](#)) results, provides **tailored information** around the effects alcohol has on health and wellbeing, low risk drinking levels, tips for reducing and relevant support available in York.



City of York residents can also download the **Lower My Drinking phone app** to help setting goals, identifying difficult situations and planning how to manage them, and keeping an eye on progress, **FREE** of charge from the App Store for iOS and Play Store for Android.

If you'd like to test the quiz or app for work purposes, please contact anna.brown@york.gov.uk for a dummy postcode.



If residents would like to **talk to someone** rather than do the quiz on the Lower My Drinking website, they can make an appointment with one of the CYC Health Trainers via the short online form at: www.york.gov.uk/CYCHHealthTrainers or by calling **01904 553377**.



Information about the range of help and support available (including for people affected by a loved one's drinking) can also be found on the [Live Well York website's 'help for drugs and alcohol page'](#).

Overview of free, confidential support around alcohol in York

Self-referrals welcomed/encouraged. You will be offered an initial appointment and then if it's not the right service to best meet your needs, you'll be introduced to the service who can provide the relevant support.



One-to-one behaviour change support to reduce alcohol (as well as support around healthy eating, quit smoking, social isolation)

community locations/online

www.york.gov.uk/CYCHHealthTrainers

Phone: 01904 553377



One-to-one support to break habits and develop new ways of coping with life's stresses

community locations

Phone: 01904 621776

Text: 07513715546

York Drug and Alcohol Service

One-to-one and group support options for those needing clinical oversight / with possible dependence on alcohol

3 Blossom St, YO24 1AU

t: 01904 464 680

WhatsApp: 07548 835 379

e: york-info@changing-lives.org.uk