Six signs that you could be developing a dependency on alcohol

Alcohol dependency can negatively affect your physical and mental health.

Anyone can develop a dependency so it's important to consider if you are at risk. The more statements you agree with, the greater your risk.

1. You are drinking earlier than normal.
2. You need a drink to relax.
3. Do you often find yourself thinking about your next drink?
4. You are having to drink more in order to get the same feeling.
5. You drink when you are alone.
6. You find it difficult to stop drinking once you have started.

Want to cut down your drinking?
Visit Health in Herts for our top six tips https://bit.ly/2A6y5e1

Support the NHS
Alcohol related incidents put an additional strain on NHS staff. Join others in supporting the NHS by cutting down your drinking.

Concerned about your drinking?
Please visit Health in Herts for information and support https://bit.ly/2A6y5e1