

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](https://bit.ly/2A6y5e1) for information and support
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