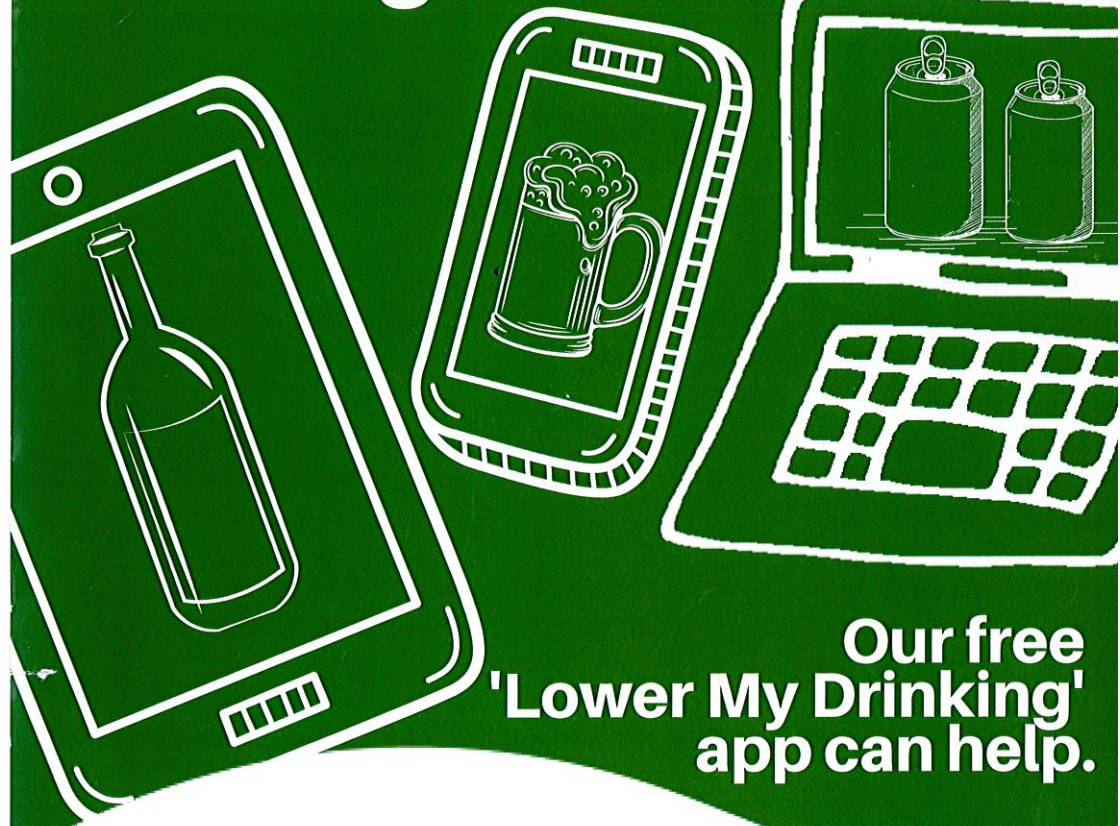


Need help to lower your drinking?



Our free
'Lower My Drinking'
app can help.

Get alcohol advice &
support at the touch of
a button.

Visit:
Derbyshire.orchha.co.uk



Online alcohol support

There's lots of online health and wellbeing tools that promise to help you get healthier - but it can be difficult to know which ones to trust.

That's why we've teamed up with ORCHA - the Organisation for the Review of Care and Health Applications - to provide a searchable, online library of digital health and wellbeing tools.

There's 100s of quality assured apps to download and each one has been checked against a wide range of criteria to ensure it is clinically assured, easy to use and protects your data and privacy.

Apps are available 24 hours a day, seven days a week and can be instantly downloaded to your phone, tablet or computer so you can start using them straight away.

We've invested in a free app - **Lower My Drinking** - that's designed to offer support and help for anyone who is looking to reduce the amount they drink.

Lower My Drinking will give you expert advice and scientifically-proven tools to help you reduce your drinking to the recommended limit of 14 units a week or less.

The app will help you to change how you think about alcohol and the role it plays in your life.

As well as helping you track your drinking, it gives advice on how to handle stressful situations without the need for alcohol, how to manage the impulse to drink and tips on how to improve your physical and emotional wellbeing.

**Scan the QR code or search for
Lower My Drinking at
Derbyshire.ocha.co.uk**

