

That's

LiFE



Has your relationship with alcohol changed since you became a carer?

Do you use alcohol to manage stress, socialise, to help with sleep or as a treat after a difficult day?

That's Life! provides support for unpaid carers who would like to think about their alcohol consumption.

Making changes to reduce alcohol intake can have a positive affect on your energy levels, mood, sleep, relationships and more.

You do not need to be drinking regularly or excessively to receive support from ***That's Life!*** It is for anyone who would like to reflect on their relationship with alcohol and get more out of life.


Did you know...?

Government guidelines advise:

- Both men and women should not regularly drink more than 14 units of alcohol a week
- If you're pregnant, you should avoid alcohol completely
- Don't 'save up' your units, spread them evenly across the week

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Find out more about That's Life!

Call us: 0131 622 6666

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