

Get Healthy Service

Health
coaching to
help you drink
less alcohol



Drink
less
alcohol



Get Healthy Service health coaches are qualified and offer free support and tools to help you improve your health.



Drink less alcohol



Be physically active



Eat healthy



Reach and stay a healthy weight



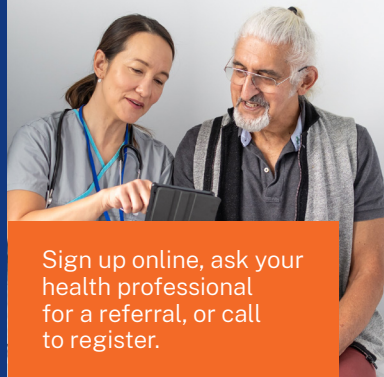
Avoid alcohol during pregnancy, breastfeeding, and family planning

For information about alcohol and other drugs visit yourroom.health.nsw.gov.au.



Benefits of drinking less alcohol

- ☑ manage or lower your risk of illness and chronic disease
- ☑ improve your sleep, mood and sense of wellbeing
- ☑ maintain your energy levels and concentration
- ☑ lower your risk of accident and injury



Sign up online, ask your health professional for a referral, or call to register.



Contact information

Call **1300 806 258**

Monday to Friday 8am to 8pm

Saturday 9am to 5pm

gethealthynsw.com.au

Free access to interpreter services and the National Relay Service are available.

SHPN (CPH) 230903 | SKU ID GHSALPC23
September 2024 © NSW Health