

Get healthy and reduce your alcohol consumption

When you sign up for a **FREE personal health coach**, it means you have someone on your side to help you change your drinking habits. Your health coach will **give you practical tools and support you**, without judgement.



HEALTHYEATING
ACTIVE LIVING



FREE TELEPHONE HEALTH COACHING SERVICE

The Get Healthy Service supports you to reduce your alcohol intake.

A qualified health coach will work with you to identify barriers and find solutions to reach your goal.

The Service offers:

- Support to set your health goals
- Help to stay motivated
- Tools to track your progress
- Up to 10 coaching calls at a time and day that suits you.



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Speak to your health care professional for a referral or call 1300 806 258

Monday - Friday 8am-8pm

Visit: www.gethealthynsw.com.au

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For more information about alcohol and other drugs visit **yourroom.health.nsw.gov.au** or **call the Alcohol & Drug Information Service a 24 hour 7 days a week helpline 1800 250 015**