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ALCOHOL CONCERN UNVEILS MAJOR NEW WEBSITE TO HELP BRITAIN'S DRINKERS

www.howsyourdrink.org.uk

Alcohol Concern will launch a new website, www.howsyourdrink.org.uk, on 19 January. The site has been created to help anyone who has ever considered they might drink too much, or is concerned about a friend's or family member's drinking habits.

Users can access specific information on the telltale signs of drinking too much, facts on drinking and health and tips on cutting down. The site also features a short, interactive test, which gives scientifically based recommendations to help people decide how to go about changing their drinking pattern and what kind of help they might need.

Richard Phillips, Director of Policy and Services at Alcohol Concern, said:

"As a nation, we are drinking more and we are drinking more often.

Alcohol problems affect 8 million people in the UK, across all ages and situations, yet many people don't know where they can get information on cutting down or what kind of help is available to them.

"This site has been designed as a one-stop-shop for anyone worried about their own or someone else's drinking and is not quite sure what to do next."

The Department of Health helped support initial funding for the site.

Public Health Minister Melanie Johnson, said:

"Alcohol-related injuries and illness costs the health service nearly £2bn every year - plus the very real personal cost to individuals, families and communities.

"I am pleased that this website will provide accessible advice and information on sensible drinking so that people can take positive action to change their drinking habits."

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