

# Think Drink

## Healthy Body, Healthy Mind.

The Healthy Body, Healthy Mind project offers a free support programme to help those struggling with mental health and alcohol related problems.

A number of free programmes are taking place across the Northern Trust Area in 2015. Make sure to book your place early! It could change your life.

The support programme seeks to encourage self-awareness and increase knowledge of the many issues faced when dealing with the impact of alcohol and ultimately to improve participant's quality of life.

Each programme has four modules (see reverse of leaflet for details) which participants can choose from, or attend all.

**What a previous  
programme  
participant said:**

"My anger levels have decreased after being on the programme, I realise now I needed support with my alcohol issues."



The programme modules will include the following:

### MODULE 1 - IMPACT OF ALCOHOL

- Week 1 - Body
- Week 2 - Mind
- Week 3 - Relationships

### MODULE 2 - BACK TO BASICS

- Week 1 - Nutrition
- Week 2 - Sleep well
- Week 3 - Exercise

### MODULE 3 - BUILDING CONFIDENCE

- Week 1 - Self esteem
- Week 2 - Communication
- Week 3 - Assertiveness

### MODULE 4 - MOVING FORWARD

- Week 1 - Employment/training
- Week 2 - Volunteering
- Week 3 - Action plan

The group programmes are taking place in the following areas.

**Thursday 10 Sept 2015**

**LARNE**

**Tuesday 15 Sept 2015**

**COLERAINE**

**Monday 5 Oct 2015**

**MAGHERAFELT**

For information on the support programmes and the confirmed venues in each area, contact the Impact of Alcohol Project Co-ordinator on ***impactofalcohol@contactni.com*** or ***call 028 9074 4499***

Northern Ireland counselling charity Contact, is working in partnership with Action Mental Health and FASA to deliver a range of services as part of Healthy Body, Healthy Mind project.

The services include counselling, mentoring and group support programmes within the Northern Trust area. The project is part of Taking the Initiative to Reduce the Impact of Alcohol supported by the Northern Health and Social Care Trust through funding from the Big Lottery Fund.

#### **What a previous programme participant said:**

*"I found it interesting and worthwhile, I am fully committed to not drinking and I'm making positive changes to my life. I'm more aware of the various negative issues around alcohol misuse."*