

Get Healthy Service

Health
coaching to
help you drink
less alcohol



Drink
less
alcohol



The Get Healthy Service offers free phone and online health coaching to help you drink less alcohol.

Change your habits and reach your health goals:



Drink less alcohol



Eat healthy



Get active



Reach and stay a healthy weight



Avoid alcohol during pregnancy, breastfeeding, and family planning

The less alcohol you drink, the lower your risk of alcohol-related disease or injury.



Benefits

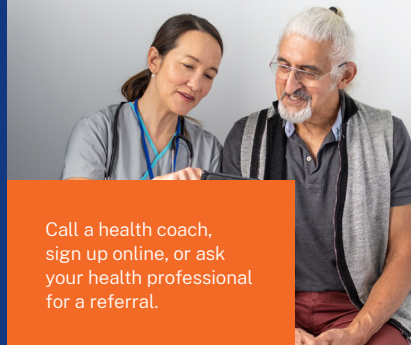
Drinking less alcohol can:

- ✓ manage or lower your risk of illness and chronic disease;
- ✓ improve your sleep, mood and sense of wellbeing;
- ✓ maintain your energy levels and concentration.

Health coaching helps you set and reach your health goals.

The Get Healthy Service offers:

- ✓ university qualified health coaches;
- ✓ regular phone or video calls to keep you on track and motivated;
- ✓ health advice tailored to your needs and goals;
- ✓ physical activity ideas you can easily add into your everyday life; and more.



Call a health coach, sign up online, or ask your health professional for a referral.



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.

For information about alcohol and other drugs visit yourroom.health.nsw.gov.au or call the Alcohol & Drug Information Service 24-hour support line on **1800 250 015**