

## Alcohol Resources for Individuals (Adapted from Alcohol Policy UK)

Research has shown that Self-help and Personal use of tracking tools is extremely effective for people with mild to moderate problematic alcohol issues. Most people who recover from alcohol problems do so mainly 'on their own'. Here are some online apps and tools you may find useful:

**Don't Bottle It Up!** [www.dontbottleitup.org.uk](http://www.dontbottleitup.org.uk)

[Don'tBottleItUp!](http://www.dontbottleitup.org.uk) offers users a simple online 'IBA' approach based on the standard AUDIT screening tool and providing personalised brief advice.



**Drinks Meter** [www.drinksometer.com](http://www.drinksometer.com)

[The drinks meter app](http://www.drinksometer.com) provides feedback based on AUDIT and other questions, also comparing the users answers against the Drinks Meter community to give unbiased, anonymous feedback.



**Down Your Drink** [www.downyourdrink.org.uk](http://www.downyourdrink.org.uk)

Down Your Drink (DYD) is a longer established online programme based on AUDIT and also including an extended programme. User registration required.



**Change4Life 'drinks swap' & checker**

As part of the Change4Life campaign, a [Drinks Checker page](#) and [app](#) are available, allowing the user to check their calories, units and risk level.



**MyDrinkaware** via [www.drinkaware.co.uk](http://www.drinkaware.co.uk)

Drinkaware is the alcohol industry funded education charity that allows users to track their drinking, calories and progress cutting down via [MyDrinkaware](#).



**NHS Choices** [www.nhs.uk/LiveWell/Alcohol](http://www.nhs.uk/LiveWell/Alcohol)

NHS Choices offers a comprehensive range of resources including a [drinks tracker](#), [for iPhone users](#), and an online [self-assessment based on the AUDIT](#), as well as a [local service directory](#).

