

Conversation starters

Do you have any worries or concerns about your drinking?

1

Has anyone else expressed worries or concerns about your drinking?

2

Can we have a chat about why I, as a healthcare worker might have some concerns about your drinking?

3

Alcohol Support Services

Alcohol Drug Helpline

Call **0800 787 797** or text **8681** anytime
or visit alcoholdrughelp.org.nz/helpline

Alcoholics Anonymous Aotearoa/New Zealand

Call **0800 229 6757** or visit aa.org.nz

Mental Health & Addictions Helpline

Call or text **1737** anytime or visit 1737.org.nz