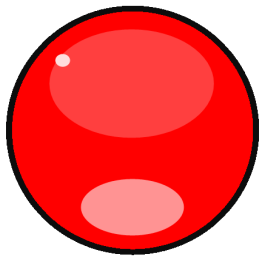
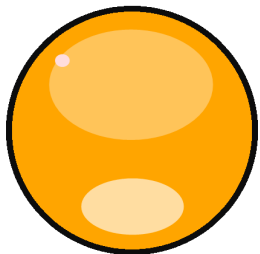


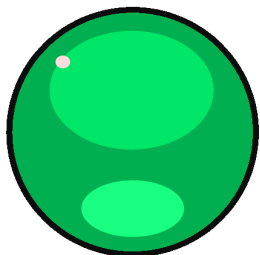
Do you know when to **stop**?



35+ units
per week



21+ units
per week



2-3 units
per day



Know your alcohol units

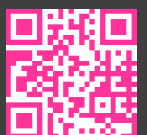


Access online advice and information on safer drinking.

Find out where to get **free** and **confidential** support in the Royal Borough of Greenwich

**GIVE US
A BUZZ!**

www.giveusabuzz.net



Designed by John McGirr