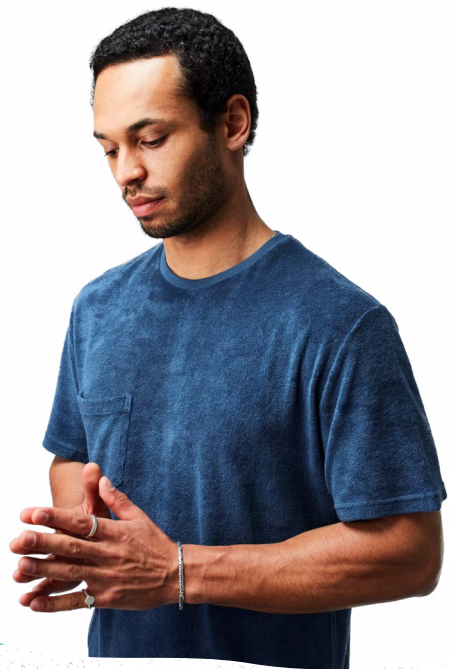


Space From Alcohol



In England, there are over [600,000 dependent drinkers](#)¹ and of those – 83% are not seeking treatment.

Programme Description

The *Space from Alcohol* encourages users to take a look at their relationship with alcohol, reflect on their drinking patterns, and determine if they want to reduce or eliminate alcohol.

This programme was designed using Cognitive Behavioural Therapy (CBT) and Motivational Enhancement Therapy (MET) – through our confidential, judgment-free platform.

This programme helps users to address their relationship with alcohol use and determine if they need to quit or cutback by:

- Educating users on what safe and unsafe alcohol consumption looks like.
- Building awareness and coping strategies around high-risk situations and triggers.
- Learning how to build a strong support network.

How it works

- Programmes are comprised of engaging content, videos, user stories, and interactive tools.
- Using MET and CBT, individuals will better understand their thoughts, feelings, and behaviours and learn how to make positive changes – proven to reduce symptoms and better manage their mental health and wellbeing.
- We recommend this programme is supported. Supporters have shown to provide 4X the engagement and personalise the programme experience for users, so they are able to reach their goals by providing weekly encouragement and ongoing motivation.
- All digital programmes are available on demand, 24/7.

Programme Breakdown

- The *Space from Alcohol* programme has five modules.
- It is recommended that participants complete one module per week. Each module can take up to an hour to complete. The more time and effort put into the programme, the more the user will get out of it.
- Participants will receive encouragement and motivation throughout the programme from their supporter.



References

¹ 'Alcohol in the UK' (2022), Alcohol Change UK



Who should use this programme

- Those who are looking to understand what safe and unsafe consumption looks like, and the impacts alcohol can have on one's physical and mental wellbeing.
- Those who are looking to build awareness around high-risk situations and triggers, while helping to build strategies to identify and cope with these triggers and increase a sense of ownership and responsibility over their decisions.
- Individuals who feel overwhelmed or uncomfortable and looking for a secure, private, and judgement-free platform to address their relationship with alcohol wellbeing.

Programme Modules

- Alcohol and You
- Considering Change
- Reducing Harm
- Triggers and High-Risk Situations
- Moving Forward



Interactive Tools

My Drink Diary

Staying in the Present

Breathing Exercises

My Plan

SMART Goals