

Alcohol Awareness Week

1 - 7 July 2024

Understanding alcohol harm

#AlcoholAwarenessWeek



It's never too late to understand the harmful effect of alcohol on your health and embrace a healthier lifestyle.

Visit **Alcohol change UK** or download **TryDry**, the free app that helps you to cut down your alcohol consumption.



Stopping, or even reducing, drinking is not easy. If you need extra help and you live in Hounslow, you can self-refer yourself to **ARC Hounslow** and access FREE help, learn how:

How to make a referral ▲

Any health or social care professional can make a referral on your behalf. You can also self-refer to the service in person or contact us by phone [01895 488675](tel:01895488675) or complete this [online form](#).

Service opening times ▲

The service offers a range of services from 10am to 4pm. The service is open later on some evenings. Please contact ARC Hounslow on 01895 488675 for more information.



RUNNING OUT OF MEDICATIONS?

Download the NHS App now and follow this video on how to request your prescriptions in few minutes!

Order repeat prescriptions on the NHS App



We are currently experiencing a **WHOOPING COUGH OUTBREAK** in England; Check for symptoms and more info [here](#).

WHOOPING COUGH

GET THE VACCINE TO HELP PROTECT YOUR BABY

Cases of whooping cough are on the increase – by getting the vaccine while pregnant you can help protect your baby.



For more information talk to your GP or midwife.



PROTECT AGAINST WHOOPING COUGH™



Childhood primary vaccination



Vaccination during pregnancy can protect newborn first crucial months



Booster during adolescence and adulthood



Family/carer vaccinations to protect newborns

VACCINATIONS™



Get protected as soon as possible [booking a vaccination appointment with our Nurse](#)