

Alcohol Awareness Week

7 - 13 July 2025

Alcohol Awareness Week is dedicated to raising awareness, advocating for change, and more.

Organised by [Alcohol Change UK](#), this year's theme is Alcohol and Work.

To support this campaign, Alcohol Change UK has created a digital resource that includes information sheets, posters, social media materials, and much more! Whether you're interested in launching a social media campaign, hosting an event or workshop, or simply initiating a conversation about the connection between alcohol and work, click the link below for plenty of ideas to help you get started.



[Downloadable Assets](#)

ALCOHOL
CHANGE^{UK}

Our vision is
of a world
free from serious
alcohol harm.

This year's Alcohol Awareness Week theme is **Alcohol and Work**. As part of the week, let's start having a conversation about the relationship between alcohol and work to help us to understand it better, by sharing some helpful tips and advice on changes we can make to improve things for us all.

For more information click [here](#)

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Alcohol and work

Putting ourselves, not alcohol, at the centre of things can boost health and wellbeing, productivity and morale.



Watch out for a short film on the Alcohol Change website that explores the connection between alcohol and work, set to launch during Alcohol Awareness Week.

By cutting down on our alcohol use and creating healthier, more inclusive workplace cultures, we can improve our wellbeing, productivity, and motivation in all sectors - from offices to frontline services.

Together, we can create safer, happier environments for everyone.

Click [here](#) for a copy of the Alcohol and Work Guide



CLICK HERE



Click [here](#) to learn more about alcohol

Support services in Forth Valley

Change Grow Live (CGL)

0808 196 2188 fv.cgl@forthvalley@nhs.scot

Barnardo's Forth Valley Substance Service

01324 718 277 forthvalleyservices@barnardos.org.uk

Transform Forth Valley

01259 272 112 info@transformfv.org.uk

Recovery Scotland & Forth Valley Recovery Community (FVRC)

01324 874 969 enquiries@recoveryscotland.org.uk

Scottish Families Affected By Alcohol & Drugs: Forth Valley Family Support Service

01786 583 299 fvfamilies@sfad.org.uk



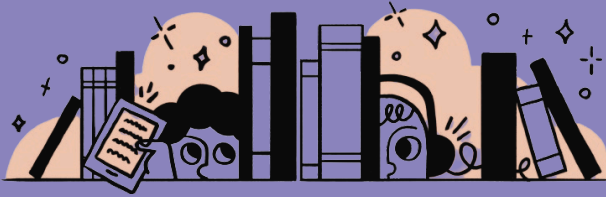
NHS Forth Valley Resources Service



The Health Improvement Resources Service provides professionals who work in Forth Valley with information on evidence informed health improvement issues, in a range of formats such as: leaflets and posters, books, models, teaching kits.



[Click here to access alcohol resources](#)



For further information contact:

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