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RESILIENCE
ENSURE
WELLBEING**

#TimeToBrew is a joint campaign delivered by Barod and Kaleidoscope to inform, advise and support people during the coronavirus lockdown in relation their alcohol consumption and well-being.

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Drug & alcohol services report receiving between 30 - 47% of new alcohol referrals, compared to this time last year.

Our services remain open, ready to support anyone affected by alcohol use during this period of lockdown.

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BUILD RESILIENCE ENSURE WELLBEING

Why am I feeling the need to drink? Are you busier than ever or have plenty of time on your hands? Is alcohol your go-to to relax or alleviate the boredom?

#TimeToBrew will provide you with various resilience tools to navigate your way through the lockdown and minimise the harm from alcohol use along the way.

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BUILD RESILIENCE ENSURE WELLBEING

Maintaining our well-being and our good mental health has never been so important.

#TimeToBrew will provide you with some simple tips and techniques on how you can positively support yourself, and others, through this lockdown.