

DRINKAWARE **WORKPLACE WELLNESS** **ALCOHOL AWARENESS** **FOR EMPLOYEES**

**Evidence-informed workshops, webinars and
health promotion resources to prevent and reduce
alcohol-related harm**

DRINKAWARE

WELLNESS IN THE WORKPLACE

The workplace has been recognised by the World Health Organisation as playing an important role in promoting health. Encouraging wellness in the workplace is beneficial for both employees, who appreciate their wellness being considered, and employers, who recognise the business benefits in terms of productivity, recruitment and retention.

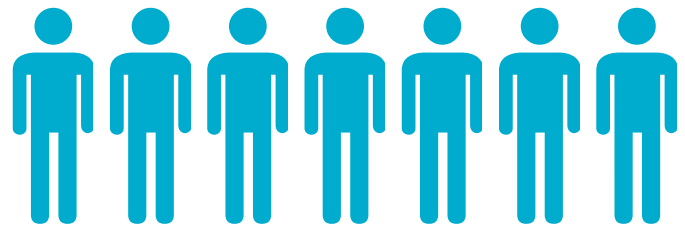
WHY INCLUDE ALCOHOL AWARENESS?

Workplace wellness programmes typically involve elements focusing on mental health, physical wellness, good nutrition and improved sleep. Alcohol misuse has wide-ranging impacts on each of these areas but is often not a featured component of employee wellness initiatives. These programmes have clear potential to provide an opportunity to prevent and reduce alcohol-related problems in the workplace and in wider society.



JUST 2%

**OF IRISH PEOPLE SURVEYED
CAN IDENTIFY HSE LOW-RISK
ALCOHOL GUIDELINES
(DRINKAWARE INDEX 2019)**



ONE IN SEVEN

**IRISH WORKERS SURVEYED HAD
SUFFERED WORK-RELATED
PROBLEMS FROM CO-WORKERS
DRINKING (HSE 2018)**

21%

**OF IRISH ADULTS SOMETIMES FEEL THEY
SHOULD CUT DOWN ON THEIR DRINKING FOR
REASONS INCLUDING PHYSICAL AND MENTAL
HEALTH (DRINKAWARE INDEX 2019)**



HOW CAN WE HELP?

Drinkaware offers evidence-informed workshops, webinars and health promotion resources to provide facts, tips and tools to understand alcohol's impact and make small, positive changes to cut down or cut out alcohol to protect physical and mental health. Our workshops are interactive; designed to facilitate meaningful discussion and engagement with participants.

Note: Currently, in person events are only available in Dublin.

Get The Facts Workshop

- Latest data on behaviours, attitudes and drivers of alcohol use in Ireland
- HSE low-risk weekly guidelines, binge drinking
- Alcohol's impact on mental and physical health and wellbeing
- Tips to drink less or cut out alcohol
- Drink driving facts, limits and penalties

45
Mins

PARENTS WORKSHOP

- A shorter adaptation of our general workshop
- Latest data on underage alcohol use in Ireland
- Risks of early alcohol use on a teenager's development Strategies to help parents start the conversation about
- alcohol
- Advice on being positive family role models

45
Mins

ALCOHOL, MENTAL HEALTH AND SLEEP WORKSHOP

- Latest data on behaviors, attitudes and drivers of alcohol consumption in Ireland
- Overview of mental health in Ireland
- Exploring why we drink alcohol
- How alcohol affects the brain (mood, anxiety, depression, wellbeing)
- How alcohol affects the body, cancer & heart health
- Benefits of drinking less
- Tips & advice to develop healthy coping strategies

45
Mins

FEEDBACK

100%

**OF SURVEY
RESPONDENTS
AGREED THE
WORKSHOPS ARE
USEFUL**

“

“A very practical, realistic and sensible workshop with lots of useful tips - without “wagging the finger at the participants.”

Workshop Participant

”

97%

**SAID THEY WILL
MAKE SMALL POSITIVE
CHANGES TO THEIR
DRINKING HABITS AS A
RESULT OF THE
WORKSHOP**

ABOUT US

Drinkaware is the national charity working to prevent and reduce alcohol misuse in Ireland, governed by an independent board and regulated by the Charities Regulator.

DRINKAWARE

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Registered Charity Number: 20204601