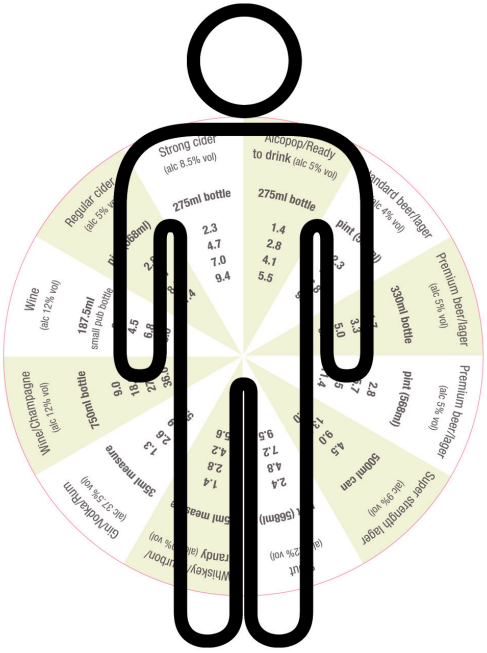
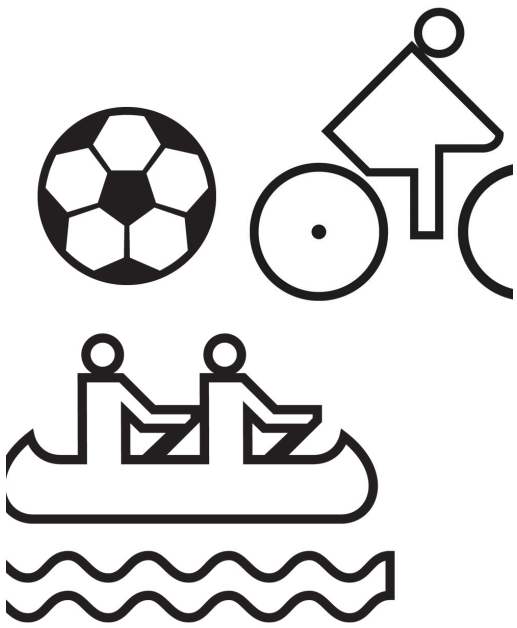
Which of these would most help you to cut down your drinking?

Units and the body (calories, drink wheel etc.)



Hard-hitting images of health risks

Other things you can do instead of drinking



Any ideas or sugestions on what might help?

Why would this be helpful?

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Why would this be helpful?

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Why would this be helpful?

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Submit