



Dry January Support

Are you contemplating going alcohol free for January? every year more and more people take the opportunity of the New Year to make a commitment to themselves to abstain from drinking alcohol for at least a month.

Alcohol is deeply ingrained in many social traditions and cultural practices, and the downsides of consuming too much alcohol are well known, its impact on health can be significant, even for those who only drink socially or occasionally. Taking a break is a great way to start to feel the benefits of not drinking or drinking less.



As a society we are consuming more alcohol than ever, and it's no longer the younger generations. They are drinking less than ever and are now more aware of the risks to physical and mental health associated with drinking and are less inclined to be pulled into its grasp.

Whatever your reason for drinking, no matter how much or how little you drink, there is always a good reason to give yourself a breather.

Enestee Wellbeing Services have a personal support programme to help you through Dry January (or Feb, Mar.....Nov, Dec).

The support is run by our in-house Psychotherapist and is completely private and confidential.

The programme consists of an initial session where we discuss your current drinking habits and reasons for wanting a break or to reduce or quit alcohol altogether. We will discuss your support plan, what special needs you may require from us and how we should communicate during the programme.



One to One support to get you through Dry-
January and Beyond



Initial session (online or in-person) to
understand your current situation, your motivation
for dry January and future hopes in relation to
alcohol.



Twice weekly 'check-in' phone/video calls (8
sessions)



Motivational Information to use at home

Cost £150

Payable by credit or debit card

Not Just for January, Not Just for Drinking

We are happy to provide this same support package all year and it can be applied to any habit you may want to change, e.g, Binge Eating, Snacking, Smoking, Vaping etc. Just get in touch to discuss further.