

Bridging the Gap



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code for
meeting
finder



National 24 hour helpline
1300 22 22 22

Don't pick up that first Drink!

Try to remember the **HALTS**

Don't get too:-

Hungry

Angry

Lonely

Tired/Thirsty

Serious

Eat something, something sweet

Try saying the Serenity Prayer

Go to a meeting or call an AA member

Don't get over tired, drink some water

How important is it? Keep it simple.

More information on Alcoholics Anonymous® can be found at
www.aa.org.au