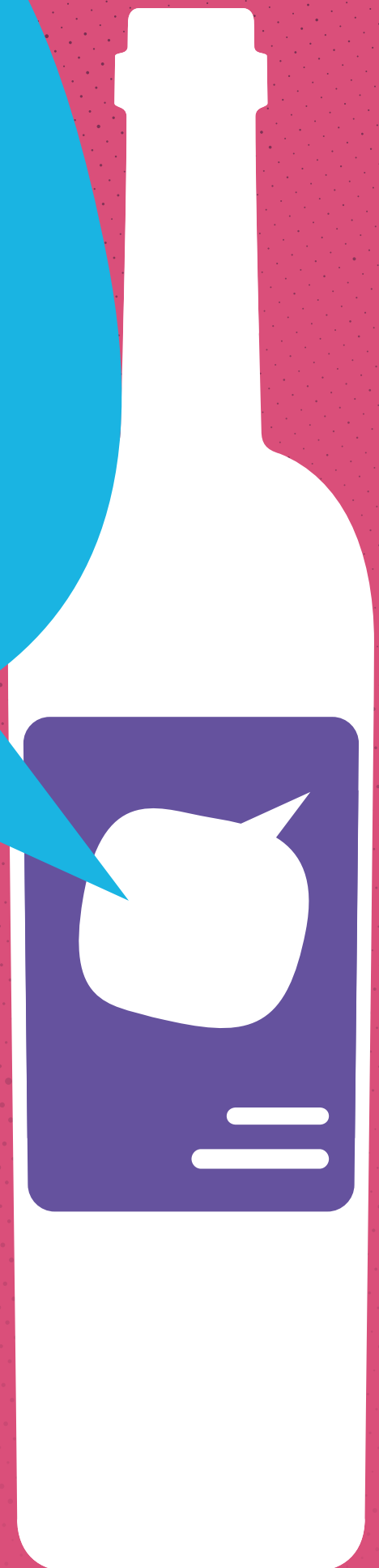


**A SMALL CHAT
CAN LEAD TO
A BIG CHANGE**

**We're asking
everyone
about alcohol,
is that OK?**



**Having a quick chat with someone
about what is going on in their life can
be all it takes to make a big difference
to their health and wellbeing.**

For more information, including signposting to
local and national resources and support visit:
healthierlsc.co.uk/MakingEveryContactCount



**Healthier
Lancashire &
South Cumbria**