

Dear Practice

The Adelaide PHN has recently enabled free access for individuals to **Daybreak, a smartphone App supporting them to reduce their alcohol intake.**

We have provided your practice with promotional materials including a referral pad which you can provide to individuals who you feel will benefit from the program. On the referral pad is a code that individuals can use to access the **Daybreak** program **free of charge** for 12-months.

Existing users of Daybreak have been notified **free access** can be made available by talking to their local GP. These users may bring in a letter for their GP regarding access to Daybreak. A copy of this letter is included in this pack.

Please note, we support the need to screen for alcohol dependence before suggesting significant changes to drinking.

BACKGROUND

Adelaide PHN has recently commissioned **Hello Sunday Morning** to provide increased treatment options for people experiencing mild to moderate alcohol issues. **Hello Sunday Morning** provides a program called **Daybreak** that supports people to reduce their alcohol intake, and is accessible on iPhone and Android mobile phones.

Daybreak helps people cut back on their alcohol use through psycho-education, motivational interviewing and peer support. **Daybreak** allows app users to set their own goals and pace.

MORE INFORMATION

If you would like more information or require additional promotional material, please contact the Adelaide PHN Primary Health Care Liaison Officers on 08 8219 5900 or phclo@adelaidephn.com.au.

For further information about the Daybreak App, please visit:
<http://www.daybreakapp.io/gp.html>

Sincerely,

Hello Sunday Morning & Adelaide PHN