

Alcohol a problem? Not sure? Free smartphone App now available to help

A new smartphone App which uses evidence-based psycho-education to help people manage their drinking is now available for free through Adelaide GPs and other health service providers. Called **Daybreak**, the App is designed to help drinkers cut back on their alcohol use at their own pace, assisting them to manage their relationship with alcohol before it becomes a serious health issue.

The Adelaide PHN, which has been tasked with addressing alcohol and other drug problems across the metropolitan area, has purchased 10,000 individual licenses which will be provided free to the public to ensure access to the app can be widespread.

“This is a new way of delivering health services,” said Adelaide PHN CEO, Deb Lee.

“This is an evidence-based program which, thanks to technology, can benefit thousands of people from all walks of life from one end of Adelaide to the other.”

The app begins by asking a series of questions to define a person’s relationship with alcohol, before delivering personalised, weekly activities to help achieve sustainable change with users setting their own goals.

Importantly, users are not left alone. The app involves peer support and access to trained counsellors.

“While other drugs capture the headlines, the simple fact is that alcohol misuse creates enormous problems for people, for our health system and our society,” Ms Lee said.

“This app is all about helping people who are aware they might have an issue and who are looking for help. It’s preventative. We want to keep people healthy and out of hospital.

“We believe this is going to be a very cost-effective strategy.”

The facts

- Alcohol is the most widely used drug in Australia.¹
- Around 1 in 5 (18.2%) Australians over 14 drink at levels that put them at risk of alcohol-related harm over their lifetime.¹
- Up to 15 people die and more than 430 are admitted to hospital every day in Australia due to alcohol-related illnesses.²
- Excessive alcohol consumption is estimated to cost Australia \$38 billion every year.³ This includes health costs, lost productivity, policing etc.

(more)

People interested in using the free Daybreak app are encouraged to discuss it with their GP who will be able to provide an access code.

The Daybreak app is also available through:

- PsychMed
- Offender Aid and Rehabilitation Service (OARS)
- Uniting Communities, and
- Nunkuwarrin Yunti

The Daybreak app is the creation of Hello Sunday Morning, an organisation focused on using technology to support any individual to change their relationship with alcohol.

Hello Sunday Morning is one of a range of new, evidence-based services which have been commissioned across Adelaide by the Adelaide PHN to help people with alcohol, and other substance use issues.

To learn more visit www.adelaidephn.com.au.

**Media – for more information please contact Jonathan Revitt at
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1 <http://www.druginfo.adf.org.au/topics/quick-statistics>

2 <http://www.abc.net.au/news/2014-07-31/15-australians-die-each-day-from-alcohol-related-illness:-study/5637050>

3 <http://www.theaustralian.com.au/news/nation/alcohol-misuse-costs-australia-36bn-a-year-according-to-a-new-study/news-story/8ea3c778d66a4e2b788d479b7fb16f1b>