



# COUNT ME OUT

Alcohol Self Exclusion Program

If you wish to exclude yourself from purchasing alcohol  
speak to a member of staff or visit  
[www.countmeout.org.uk](http://www.countmeout.org.uk)



Count Me Out is part of

[empowering-communities.org](http://empowering-communities.org)

**WARNING:** In some cases it isn't safe for a person to suddenly stop drinking and withdraw from alcohol alone. Anyone wishing to self exclude using the Count Me Out Alcohol Self Exclusion Program must first be assessed by a Health Care Professional such as a doctor, registered nurse or other suitably qualified person.

**For local help and advice please contact:**