



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



Count Me Out is part of

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: