



Feeling a little boxed in?



Approximately 1 in 10 older adults who drinks will experience a problem with alcohol, often out of loneliness or because life is beginning to feel overwhelming. It is all too easy to happen.

There is help if you feel boxed in.

Help for adjusting to life changes, physical or emotional pain, or the loss or death of someone important to you in later life is available in your community from:

