



FOR IMMEDIATE RELEASE

Swanswell and Pfizer's Man MOT to hold online alcohol awareness clinic

8 November 2011, National – Men concerned about their alcohol use will be able to get online help from Swanswell as part of a special clinic being held during Alcohol Awareness Week.

On Monday 14 November, the national charity will guest host on Man MOT (Monday Opportunity to Talk) to offer advice and information about a range of alcohol-related issues in a confidential, one-to-one online chat at www.manmot.co.uk.

One of Swanswell's specially trained staff will be available during the online clinic between 6pm and 10pm to respond to specific questions or to give advice – whether it's an individual's concern about their own alcohol use or someone else's.

As part of the usual Man MOT clinics, visitors will also have access to fully qualified GPs, who will be able to talk confidentially about other health concerns and general health information.

Will James, Operations Manager for Swanswell, is leading on the project for the national charity.

He said: *'We know from statistics that men are less likely to visit their GP about health concerns than women, so we've joined with Man MOT to provide easy access to information and support about alcohol misuse.'*

‘Often, people don’t realise there is a problem or that they may be drinking at potentially harmful levels, so it’s really important that they speak to a health professional whenever they are concerned – no matter how small they think their concern may be.

‘Alcohol Awareness Week is the perfect opportunity for people to take those first steps to change and be happy.’

To find out more about Swanswell and the services it provides, visit

www.swanswell.org.

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Notes for editors

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About Swanswell

Swanswell is a national charity that helps people overcome drug, alcohol and other problem behaviour. We believe that everyone deserves the chance to change and to be happy. We help them to remove the things that stand in their way, whether physical, emotional or practical. So, as their lives improve, they can feel well, do well, and stay well. Swanswell has a reputation for innovation and is a leading developer of new services which help people to change their behaviour for the better.

Swanswell has a number of offices across the country including Rugby, Coventry, Leamington, Birmingham, Nuneaton, Barnsley, Sandwell, Leicestershire and Rutland. Visit Swanswell at: www.swanswell.org.

Join the conversation, follow Swanswell on twitter at www.twitter.com/Swanswell.

About ManMOT

Man MOT (www.manmot.co.uk) was launched in 2010 in partnership with leading UK health organisations to help men who are currently bypassing the healthcare system through fear or embarrassment of visiting their GP. The online surgery is open every Monday evening between 6pm and 10pm and offers professional health advice on a broad range of health issues in total confidence from qualified GPs.