

Working with the whole person

Alcohol, mental **health**

and complex **needs**



Alcohol Change UK's first online interactive conference
Wednesday 2 December and Thursday 3 December 2020



Alcohol misuse is often just one symptom of the complex challenges someone faces in their life. Drinking may be a means to cope with underlying trauma or ongoing mental distress. It may bring its own problems with it, such as low mood and impaired cognition.

Such complex needs don't lend themselves to simple solutions. That's why we're gathering together a multidisciplinary group of academics, practitioners, and people with lived experience, to help us all work towards interventions that support the whole person.

Speakers will include:

- Dr Anne Campbell, on what the evidence tells us about the interface between alcohol and mental health
- Victoria Williams, on supporting people living with post-traumatic stress
- Prof Bev John, Prof Gareth Roderique Davies, and Mike Ward, on the wide range of impacts alcohol can have on the brain, and how we can tackle them
- Bristol's Golden Key project, on their practical approach to creating new futures for those with the most complex needs
- Josh Connolly and Chelsey Flood, telling their own mental health stories.

Find out more and book your places at
alcoholchange.org.uk/2020conference

Alcohol Change UK is the operational name of Alcohol Research UK.
Charity no. 1140287