**GroceryAid: July Content**

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| **7th – 13th July 2025 – Alcohol Awareness Week** | |
| **Email, Instagram, Facebook, Intranet** |  |
| This Alcohol Awareness Week we wanted to remind you that if you’re finding things difficult, you are not alone. GroceryAid provides relief through tough times, offering free and confidential support 24/7, 365 days a year.  Whether you’re worried about your own drinking or concerned about someone close to you, trained counsellors are just a phone call away. Call the GroceryAid Helpline on 08088 021 122 any time of the day or night for immediate emotional support.  #GroceryAid #Grocery #EmotionalSupport #AlcoholAwarenessWeek |