

FREE MEMBERSHIP

The Daybreak program is free thanks to your local PHN



Get started by downloading the Daybreak app



Register with your home postcode



Set your goal and start the program

Doctor + Daybreak

Abruptly changing your drinking can cause health complications, which your doctor can help you manage. Always speak to your doctor before making drastic changes to your drinking.

Be open and honest with your doctor about your situation, and always follow his or her advice. Your doctor is the most reliable source of information around changing your relationship with alcohol.

A program by

 HELLOSUNDAYMORNING

BRIEF SCREENER

Please complete this short questionnaire to assess your risk of harm from alcohol use. Sum the scores in brackets to get your score.

1. How often do you have a drink containing alcohol?

- | | | |
|--------------------------|-----|--------------------------|
| Never | (0) | |
| Monthly or less | (1) | <input type="checkbox"/> |
| 2 to 4 times per month | (2) | |
| 2 to 3 times per week | (3) | |
| 4 or more times per week | (4) | + |

2. How many standard drinks containing alcohol do you have on a typical day when you are drinking?

- | | | |
|------------|-----|--------------------------|
| 1 or 2 | (0) | |
| 3 or 4 | (1) | <input type="checkbox"/> |
| 5 or 6 | (2) | |
| 7, 8, or 9 | (3) | |
| 10 or more | (4) | + |

3. How often do you have six or more standard drinks on one occasion?

- | | | |
|-----------------------|-----|--------------------------|
| Never | (0) | |
| Less than monthly | (1) | <input type="checkbox"/> |
| Monthly | (2) | |
| Weekly | (3) | |
| Daily or almost daily | (4) | = |

Where did you score?

- | | |
|---------------------------|--------------------------|
| 0-3 = low risk of harm | <input type="checkbox"/> |
| 4-7 = medium risk of harm | |
| 8+ = high risk of harm | |

Daybreak is suitable for people at any level of risk. Always speak to your doctor before making significant changes to your alcohol consumption to avoid possible health complications.



Daybreak

Are you ready to change your relationship with alcohol?

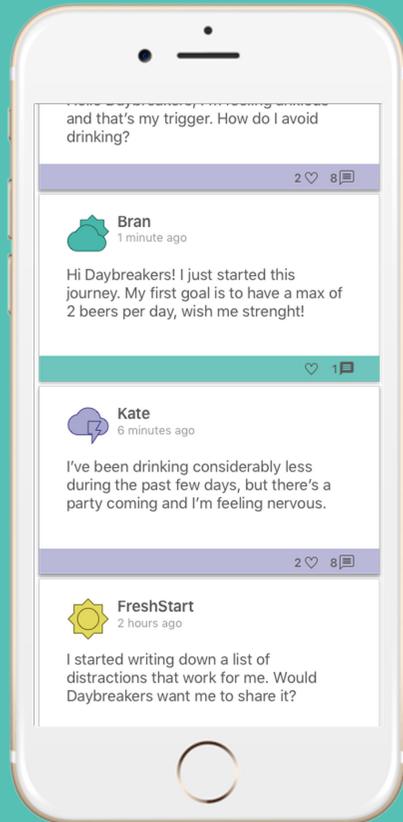


phn
COUNTRY SA

An Australian Government Initiative

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ARE YOU READY FOR CHANGE?



www.hellosundaymorning.org/daybreak

EVIDENCE & RESEARCH

Change your relationship with alcohol through Daybreak, the award-winning program that helps you reclaim control and develop healthier habits.

Quoting Hester and Miller's extensive study of alcohol treatment methodologies, "There is no tried and true, 'state-of-the-art' treatment of choice for alcohol problems. Rather, the state of the art is an array of empirically supported treatment options."

In Daybreak we have combined the top 7 non-medicated approaches for alcohol behaviour change, and the outcomes have been positive. Our data shows reduced rates of alcohol consumption and cravings within 35 days, which are 2-3 times higher than Alcoholics Anonymous.

Community reinforcement

Make personal connections and follow the journeys of others. Together we are stronger.

Motivational enhancement

Our qualified health coaches will guide you through the program

Self-change manual

Simple choices that allow you to personalise your journey towards better physical and mental wellbeing.

Behaviour contracting

Motivating weekend reviews that allow you to monitor what's working.

Source: Hester, R. K., & Miller, W. R. (2003). Handbook of Alcoholism Treatment Approaches: Effective Alternatives Third Edition. Pergamon Press.

The Daybreak program is designed to help you change your relationship with alcohol and better manage any stresses or challenges in your life.

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For more information contact us at
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