



saying WHEN

based on
Canada's Low-Risk Alcohol Drinking Guidelines
An app to help you think about why,
when and how much you drink.



TRACK DRINKS + URGES

Discreetly track and monitor your urges and consumption.



SET WEEKLY GOALS

Set your own goals to fit your lifestyle.



VIEW YOUR PROGRESS

Checkups allow you to look at your drinking pattern and view your success.



VIEW TIPS + STRATEGIES

We'll provide you with plenty of tips for success.

FREE!

SAYINGWHEN.COM

camh www.camh.ca

The Saying When app was designed and developed by the Centre for Addiction and Mental Health, Canada's leading addictions and mental health hospital. The program itself has been used with great success for over 20 years in book format, and it is now finally available in a mobile version.

RETHINK
YOUR **DRINKING.ca**

