

2 October 2023

Sober October

Sober October is a chance to cut down or give up alcohol for the whole month, with support from peers and a great chance to raise funds for Macmillan Cancer Support.

It's Sober October, and many people across the UK are abstaining from alcohol for the month, whether to challenge themselves, to raise money for [Macmillan Cancer Support](#), to take advantage of the positive health changes, the financial benefits of cutting down or to re-examine their relationship with alcohol.

Regular consumption of alcohol, even in moderate amounts, can have significant health implications. Alcohol consumption is linked to various health issues, including liver disease, heart problems, increased risk of certain cancers and mental health issues.

Additionally, overconsumption of alcohol can impact your relationships with family, friends and work colleagues, and can affect your work and social life. You can read the [PCS guide to drugs and alcohol in the workplace](#) for an overview of the health and safety implications, as well as the role PCS reps can play in helping support members with alcohol dependency issues.

Events like Sober October and Dry January are meant for social drinkers, but for people with addiction and dependency issues, stopping drinking suddenly can have serious physical and mental health related consequences. If you have alcohol dependency issues you should speak to your GP before taking part in these kind of events.

If you are worried that your relationship with alcohol is becoming or has become problematic there are a wide range of support services you can access across the UK.

Find support services in your area

- [England](#)
- [Northern Ireland](#)
- [Scotland](#)

- [Wales/Cymru](#)