

HELLO SUNDAY MORNING

Connections Conference





Brands not only create cultures,
they can recreate them.

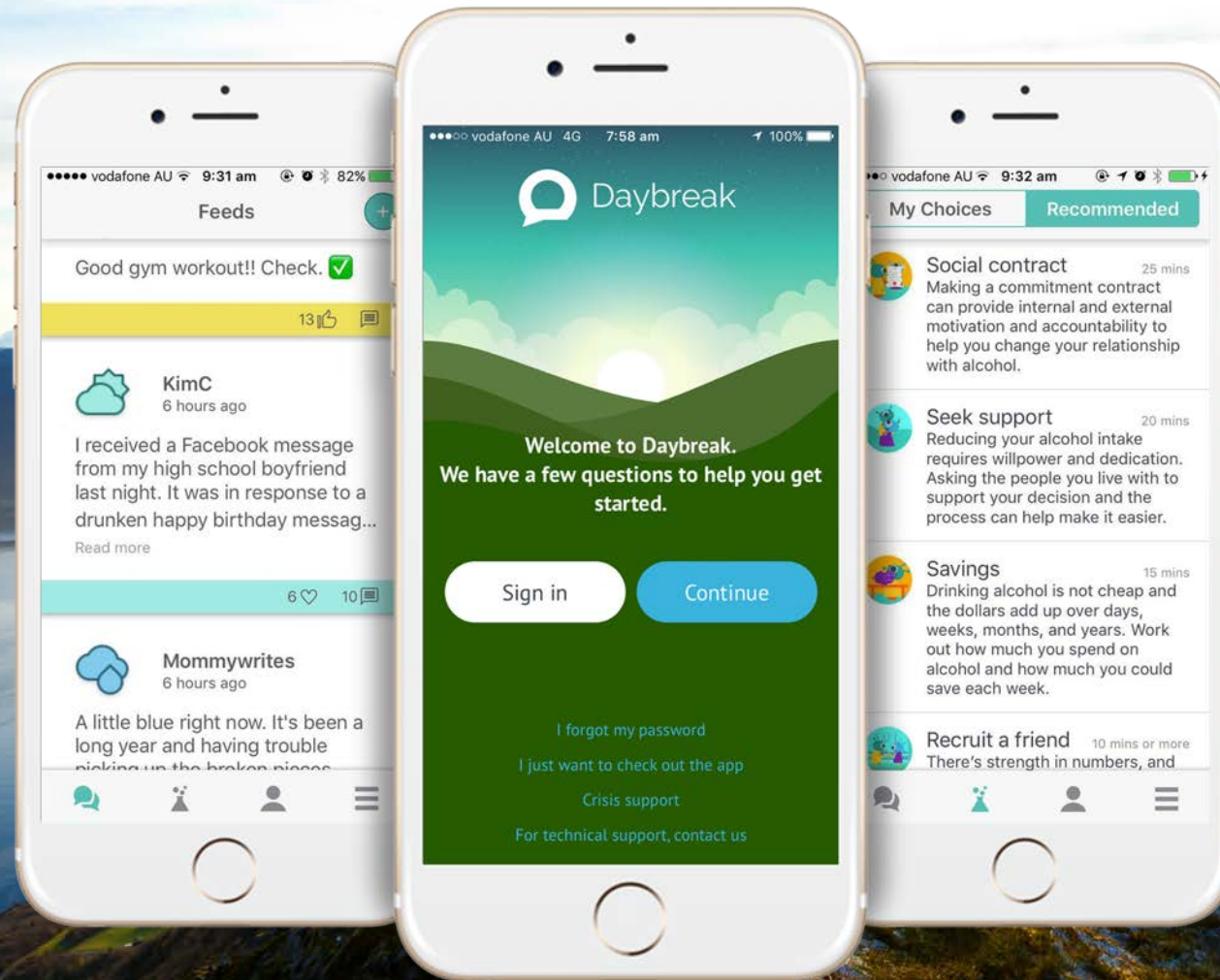


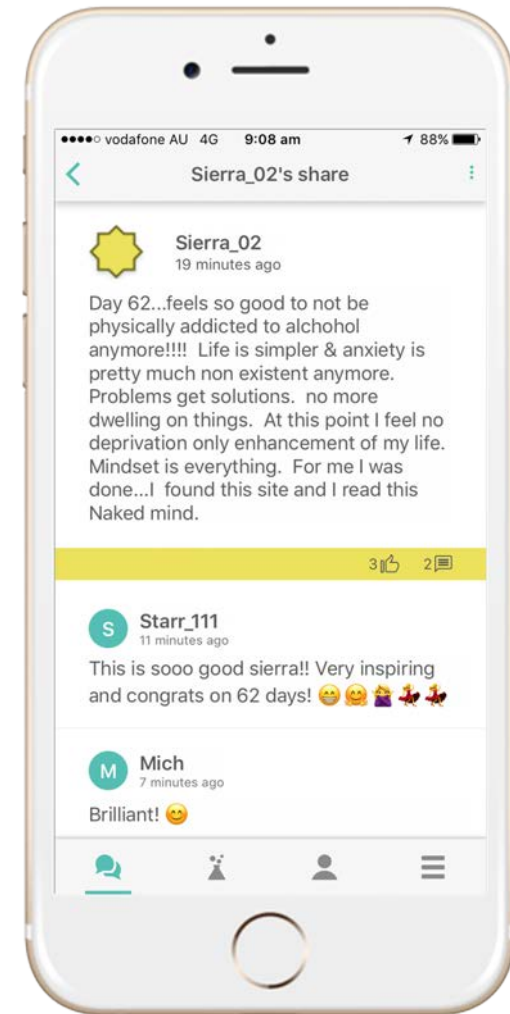
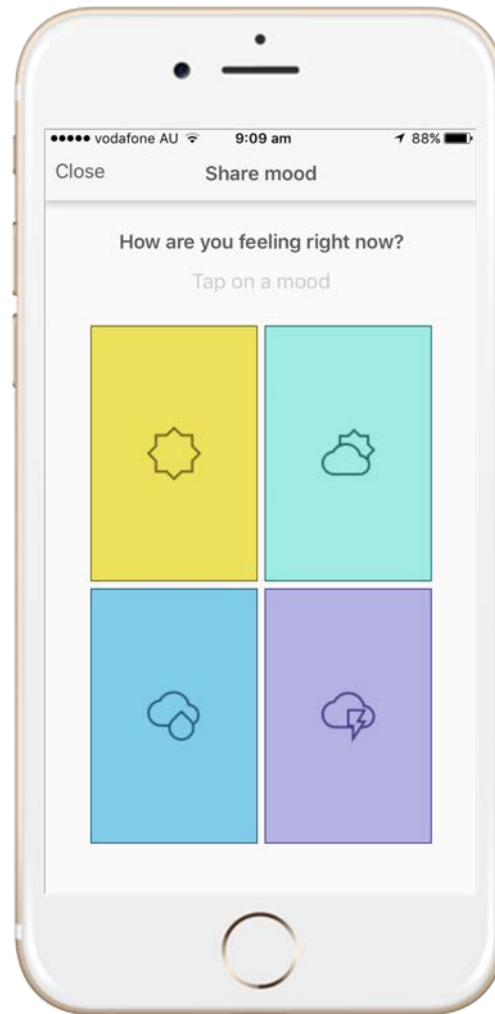
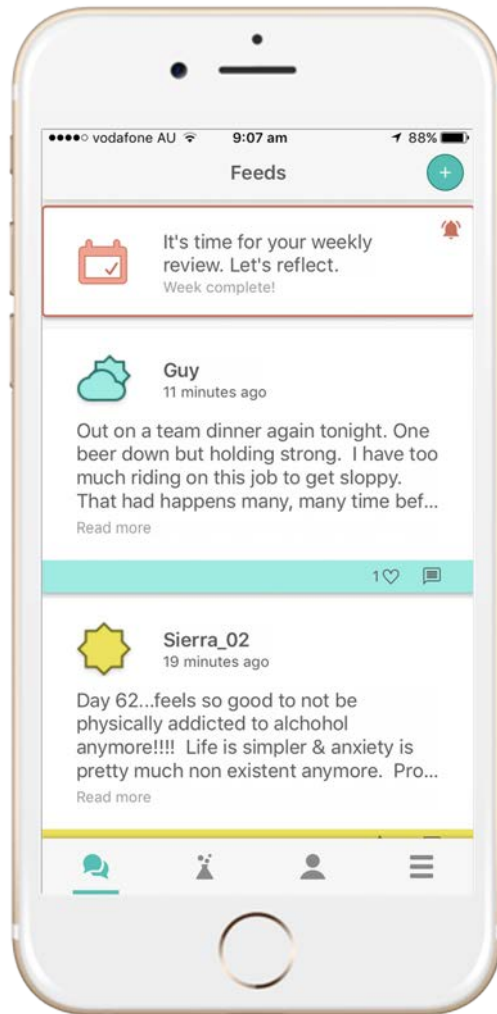


Hello Sunday Morning has a mission to change
Australia's relationship with alcohol.

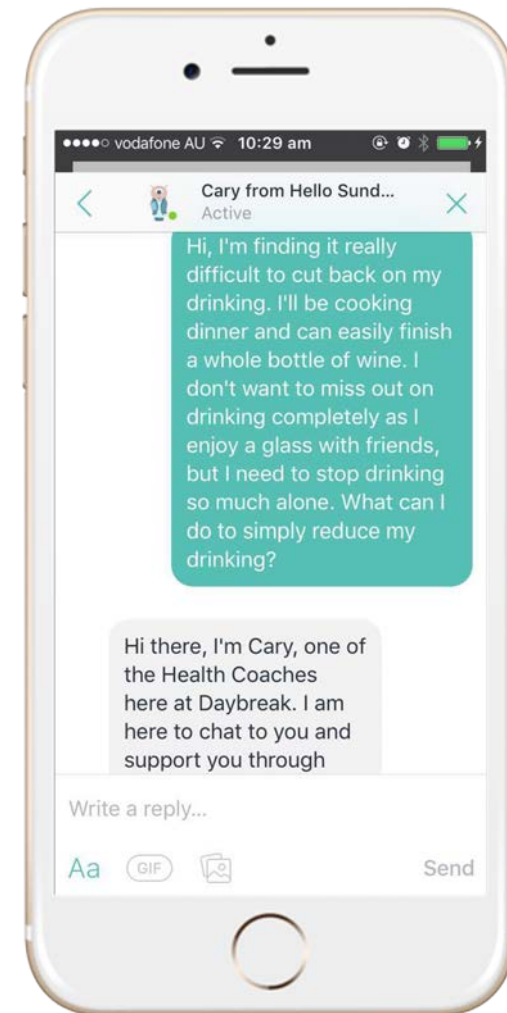
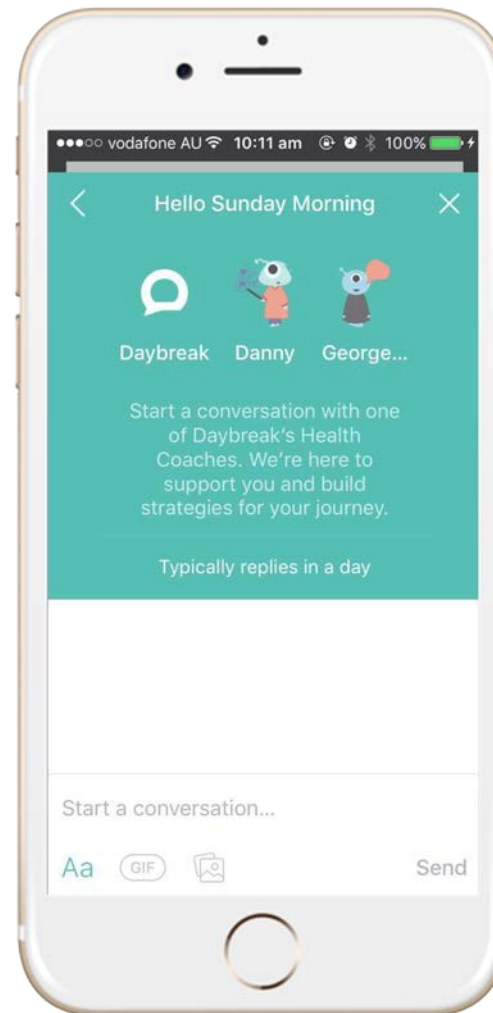
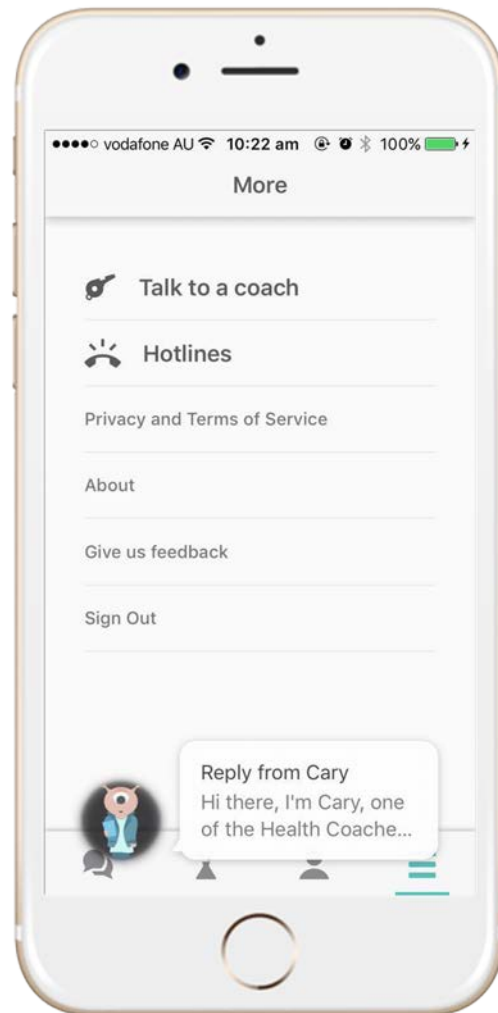


Demand for mild and moderate alcohol support is
2 to 3.5 times the available supply.





HEALTH COACHING



We have developed a simple referral mechanism for GPs to the Daybreak program.

With a unique referral code, patients in the Western Sydney PHN can receive Daybreak free for 12-months

THE PILOT

You are invited to join the Daybreak Pilot. As part of the pilot you will get free access to the Daybreak mobile app, which supports you to take control of your drinking habits. Download the app at gp.daybreakapp.io

ABOUT US

Daybreak is the latest in behaviour change technology from Hello Sunday Morning, an Australian charity and online platform. For more information contact: Pieter Rossouw - Health Integration Specialist pieter@hellosundaymorning.org



BRIEF SCREENER: AUDIT-C

The World Health Organisation (WHO) has developed a quick and easy screener for the risk of alcohol harm. (Scores in brackets)

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

- Never (0)
- Monthly or less (1)
- 2-4 times per month (2)
- 2-3 times per week (3)
- 4+ times per week (4)

2) How many standard drinks of alcohol do you drink on a typical day when you are drinking?

- 1-2 drinks (0)
- 3-4 drinks (1)
- 5-6 drinks (2)
- 7-9 drinks (3)
- 10 or more drinks (4)

3) How often have you had 5 or more standard drinks on one occasion?

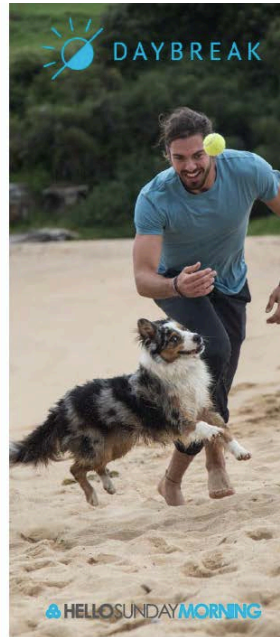
- Never (0)
- Less than monthly (1)
- Monthly (2)
- Weekly (3)
- Daily or almost daily (4)

Risk zones:

- 0-3 = low risk of harm
- 4-7 = medium risk of harm
- 8+ = high risk of harm

Daybreak can be used for any risk level. Always speak to your doctor before making significant changes to your alcohol consumption to avoid possible health complications such as withdrawal.

Free for a limited time!
gp.daybreakapp.io



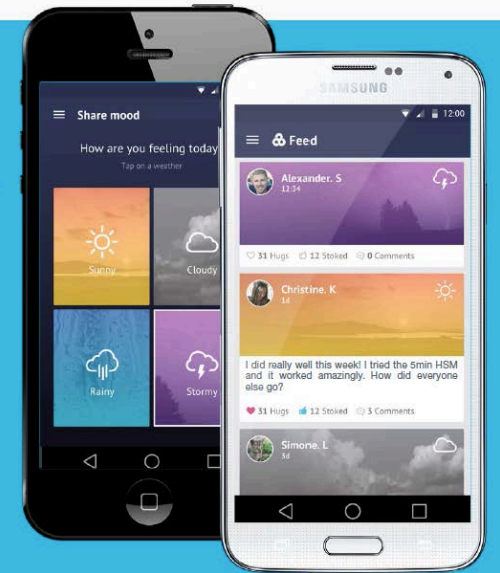
THE DAYBREAK APP



Daybreak is a personalised mobile program that helps you take control over your drinking habits.

“The Daybreak app combines elements of motivational interviewing, cognitive-behavioural therapy, and peer support in a convenient and engaging package. Improve your health, track your progress, and help others do the same.”

For a limited time, get the app for FREE
visit: gp.daybreakapp.io



A person is paragliding over a mountain range. The image has a blue gradient overlay. The text "THANK YOU" is centered in the middle. The "O" is replaced by a blue circle with a white smiley face.

THANK YOU

& HELLO SUNDAY MORNING