In the UK, 1 in 4 workers said their drinking meant they did the minimum amount of work and went home as soon as possible.

In Leeds, between 6% & 15% of working days lost to sickness can be attributed to alcohol misuse.

It is claimed that 2 million parents drink alcohol daily, with the highest earners drinking the most.

Over 210,000 days are lost to hangovers in Leeds on an annual basis.

People who work are more likely to drink alcohol than unemployed people.

Reduced performance in the workplace due to hangovers resulted in costs to the Leeds economy of £26.7 million in lost output.

Forward Leeds is the new confidential alcohol and drug service available to everyone in Leeds. If you want advice call: 0113 887 2477, visit: www.forwardleeds.co.uk/likemylimit, follow @ForwardLeeds, @LikeMyLimit.