

Media Release

Launch of Alcohol and Wellbeing Self-assessment online tool

Hello Sunday Morning with support from nib foundation, have created the Alcohol and Wellbeing Self-assessment online tool.

For immediate release

May 2022

Hello Sunday Morning, proudly announce the launch of a new online tool in partnership with nib foundation to help you assess your drinking habits.

Designed using insights from Australians challenged firsthand with managing their drinking habits, the programs, tools, and tips have been developed by clinicians trained to help and assist. The new tool is located on the Hello Sunday Morning [website](#) and provides a personalised snapshot report and links to the most appropriate resources.

By taking the quick five-minute confidential online self-assessment you can check your drinking habits and receive support and personalised feedback about your drinking and wellbeing. With over 720 people having already accessed the screening tool in the first week of launch, Hello Sunday Morning are extremely pleased with the take-up in test phase.

Mrs Dominique Robert-Hendren, Head of Clinical Innovation and Digital Health at Hello Sunday Morning states “this new service provides an entry point into a stepped model of care for individuals requiring support for managing alcohol and psychological distress.” There is also an important research component to this initiative.

Mr Andy Moore, CEO of Hello Sunday Morning, stated that 90% of people with a substance use disorder do not access appropriate treatment or care¹. He commented on the reaffirming partnership with nib foundation and the opportunity to together improve the health and wellbeing of individuals and communities.” “Tools like the new Alcohol and Wellbeing Self-assessment offer important health and wellbeing information, assessment, and assistance.” Mr Moore stated.

nib foundation Executive Officer, Amy Tribe, said that there is an obvious need for the online wellbeing tool with nib’s own data revealing a rise in alcohol-related mental health claims in the last financial year.

“Last year, nib paid over \$9 million in alcohol-related mental health benefits, which has increased by 14% compared to the previous year.¹ More notably, our data also revealed there was a 36% increase in the number of younger members aged 39 and under who had at least one alcohol-related mental health admission in this time,” Mrs Tribe said.

“These findings are certainly concerning and are why we direct our funding towards programs like Hello Sunday morning’s online self-assessment tool. We are supportive of any program that helps

¹ Claims data retrieved from Financial Year 2021. Includes Australian Residents Health Insurance members only, including whitelabel brands.

Australians, especially our young people, better understand their health behaviours while also offering clinically-backed tools, advice and support they can access everyday for the benefit of their long-term health and wellbeing,” she added.

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About nib foundation

nib foundation is a charitable organisation dedicated to improving the health and wellbeing of individuals and communities across Australia. At nib foundation we strive to improve community health and wellbeing by funding Australian charities to deliver innovative programs that meet the needs of young people and carers in a practical and engaging way. Established by nib health funds in 2008, we have already committed more than \$123.3 million in funding to support over 180 programs across Australia that tackle important health issues.

About Hello Sunday Morning

Hello, Sunday Morning, is a digital based alcohol support charity. Its mission is to help people to change their relationship with alcohol, and to provide them with the tools for doing that. Hello Sunday Morning, was born in 2009 and has grown into the world’s largest online community of people supporting each other to change their behaviour and relationship with alcohol. The Daybreak program is helping people to change their drinking habits one day at a time. Daybreak is a free, 24/7 digital service that can be accessed through an app. It provides an anonymous and supportive community environment for members to set alcohol change goals and it provides access to external health professionals to help achieve these goals.

¹Australian Institute of Health and Welfare 2020