

# Alcohol and Drug Snapshot July 2026



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The month of July brings a couple of important dates in relation to Alcohol and Drugs.



## Alcohol Awareness Week - Alcohol and Work

This year Alcohol Awareness Week takes place from 6th - 12th July 2026 and the theme is Alcohol and Me.

Alcohol Awareness Week is managed and hosted by [Alcohol Change UK](#). On their website you can find information and digital resources to support conversations about alcohol harm.



## Alcohol Focus Scotland



[Alcohol Focus Scotland](#) is a national alcohol charity working to reduce harm caused by alcohol.

## Alcohol and the Liver

The liver plays a vital role in detoxifying the body, including breaking down alcohol. When alcohol is consumed, the liver converts it into harmful substances like acetaldehyde, which can damage liver cells over time.

There are three main stages of alcohol-related liver disease:

1. **Fatty Liver (Steatosis):** The earliest stage, where fat accumulates in liver cells. It often has no symptoms and is reversible with abstinence.
2. **Alcoholic Hepatitis:** A more serious condition involving inflammation and liver cell damage. Symptoms may include jaundice, fever, and abdominal pain.
3. **Cirrhosis:** The most severe stage, where permanent scarring impairs liver function. This damage is often irreversible and can lead to liver failure. Early intervention and stopping alcohol use can help the liver heal in the early stages, but prolonged heavy drinking significantly increases the risk of serious, life-threatening liver conditions.

## Healthy Minds - Mental Health and Alcohol



### Mental Health & Alcohol

[Healthy Minds](#) is a universal resource which aims to promote basic awareness and understanding of mental health and topics that are associated with and can impact on mental health and wellbeing.

The aim of this session is to raise awareness of the relationship that can exist between alcohol and mental health.

# World Hepatitis Day

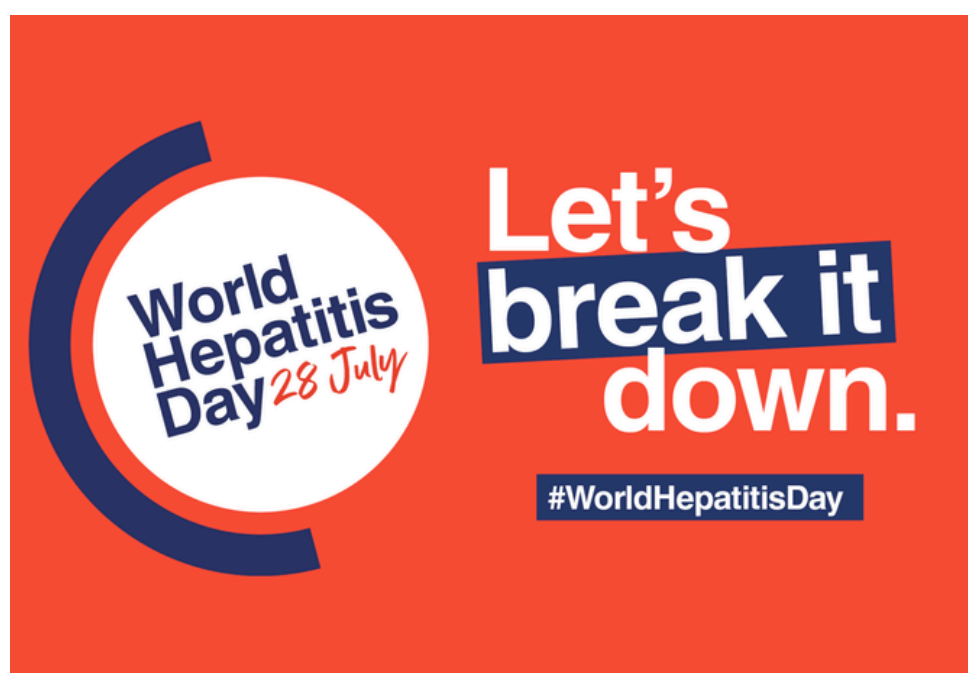
World Hepatitis Day takes place every year on 28 July to raise global awareness of hepatitis.

Hepatitis is the term used to describe inflammation of the liver. It's usually the result of a viral infection or liver damage caused by drinking alcohol.

There are several types of hepatitis. Some types will pass without any serious problems, while others can be long-lasting (chronic) and cause scarring of the liver (cirrhosis), loss of liver function and, in some cases, liver cancer.

[Source](#)

## More World Hepatitis Day Information



287 million people are living with viral hepatitis – the world's deadliest communicable disease. Most don't even know.

## Living with Hepatitis B or Hepatitis C

Below are links to NHSGGC further information on living with Hepatitis B and Hepatitis C



## Websites and Services



[Waverly Care](#) offer rapid HIV and syphilis testing, as well as dried blood spot testing for HIV, hepatitis B and hepatitis C.



[British Liver Trust](#)



[NHSGGC Sandyford](#) is specialist sexual health services for Greater Glasgow and Clyde.