



Help and advice about drinking

westsussexwellbeing.org.uk/alcohol

Take the two minute alcohol test at drinkcoach.org.uk to find out how risky your drinking is, access personalised advice and find out where you can get support locally.

How many drinks I normally have:



My score:

no. of this drink	no. of this drink	no. of this drink
no. of units	no. of units	no. of units
Based on what we've discussed today, during an average week you are typically drinking:		units

Information and Support

For more information about alcohol and details of a wide range of support available to help you cut down or quit, visit: westsussexwellbeing.org.uk/alcohol

Unit guide

To work out how many units you are drinking, visit drinkcoach.org.uk or use the guide below. You can also record your drinking using the DrinkCoach app or Drink Free Days app.

1 unit



Single 25 ml measure of spirits (40%)
50ml measure of sherry or aperitifs (17.5-20%)
Half pint of regular beer, lager or cider (4%)

1½ units



Alcopop (5%) or 275ml
bottle of regular lager (4%)

2 units



Pint or 440ml can of regular
beer lager or cider (4%)

3 units



Pint of strong beer,
lager or cider (5%)
Large 250ml glass of wine (12%)

4 units



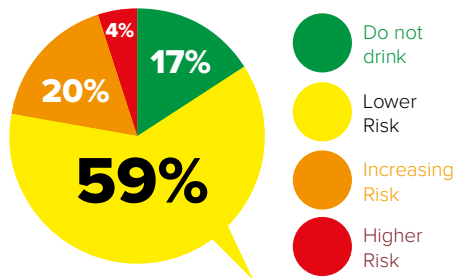
440ml can super
strength lager (9%)

10 units



750ml bottle wine (13.5%)

How do I compare?



4% of those drinking at **Increasing** and **Higher Risk** levels may also be **alcohol dependent**.

What are the advised limits?

There is no completely safe or risk-free level of alcohol consumption, but by sticking within these guidelines, you can lower your risk of harming your health:

Adults are advised not to regularly drink more than 14 units a week. If you do drink as many as 14 units in a week, it's best to spread these evenly over 3 or more days.

If you are trying to reduce the amount of alcohol you drink, it's a good idea to have several alcohol free days each week.

What does my score mean?

Score and Risk

1-4 on AUDIT-C
or **1-7** on AUDIT

Lower Risk

Your score indicates that you are drinking within recommended lower risk limits.

5-7 on AUDIT-C
or **8-15** on AUDIT

Increasing Risk

Your score indicates that you are regularly drinking more than the recommended limits and are at increasing risk of alcohol-related harm.

8-10 on AUDIT-C
or **16-19** on AUDIT

Higher Risk

Your score indicates that you are regularly drinking twice the recommended limits and are at higher risk of experiencing alcohol related harm.

11-12 on AUDIT-C
or **20-40** on
AUDIT

Possibly Dependent

Your score indicates that you are at high risk of experiencing alcohol-related harm, including alcohol dependence.

For information, support and advice about alcohol visit
westsussexwellbeing.org.uk/alcohol

Common Effects

- Increased relaxation
- Sociability

Drinking at
Increasing Risk,
Higher Risk
or **Possibly**
Dependent
levels increases

- your risk of:
- Low energy
 - Memory loss
 - Relationship problems
 - Depression
 - Insomnia
 - Impotence
 - Injury
 - Alcohol dependence
 - High blood pressure
 - Liver disease
 - Cancer, including breast, mouth and throat cancers.

What should I do

Keep up the good work.

Try cutting down a bit.

Small changes to the way you drink could make all the difference.

You would benefit from cutting down your drinking with some support.

Use the tips in this booklet and visit **westsussexwellbeing.org.uk/alcohol** for details of local support options, including free online sessions with a DrinkCoach or face-to-face with a local alcohol wellbeing advisor.

You would benefit from cutting down your drinking with some support.

DAWN – the local alcohol service for West Sussex can help you.

Call: **0330 128 1113** or visit **westsussexwellbeing.org.uk/alcohol** for further details



Download the free **DrinkCoach app** or the **Drink Free Days app** to keep track of your drinking.



**Change
Grow
Live**

My plan for cutting down

Make your plan here and start making the changes that you want to see. Here are some suggestions to get you started. For information, support and advice about alcohol visit westsussexwellbeing.org.uk/alcohol

Download the free DrinkCoach app to track drinking and set goals: drinkcoach.org.uk

Have several alcohol-free days each week – the DrinkCoach or Drink Free Days apps can help.

Avoid going to the pub after work.

Switch to lower-strength alcoholic drinks.

Quench your thirst with non-alcoholic drinks before and in-between alcoholic drinks.

Avoid drinking in rounds or large groups.

Book a Skype session with a DrinkCoach in complete confidence. Sessions are free if you live in West Sussex. Visit drinkcoach.org.uk

When bored or stressed, try doing some physical activity.

Plan alternative activities and tasks at those times you would usually drink.

Eat when you drink; have your first drink after starting to eat.

When you do drink, set yourself a limit and stick to it.

Avoid or limit time spent with 'heavy' drinking friends.

Safer consumption advice

- If you are pregnant or trying to conceive, you should avoid alcohol altogether
- There is no safe amount of alcohol to drink before driving. The only safe approach is to never drink and drive.
- Alcohol can affect certain medications
- Previous research suggested that small amounts of alcohol could have a protective effect on the heart. However after reviewing the evidence, the benefit to the heart only applies to women over 55 with high blood pressure drinking less than one very small glass (125ml) of red wine once or twice a week.



The benefits of cutting down that I'd like to see:

There are lots of benefits to cutting down your drinking. Which of these benefits would you like to achieve?



Sleep better



More energy



Lose weight



No hangovers



Reduced risk of injury



Improved memory



Improved mood



Better physical shape



Reduced risk of high blood pressure



Reduced risk of cancer



Reduced risks of liver disease



Reduced risks of brain damage



Improved relationships



Reduced risks of drink driving



Save money

west sussex wellbeing

westsussexwellbeing.org.uk/alcohol