

Making a plan

Drinking plan for each day

Day	When?	Where?	With whom?	How much?
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Safer drinking: a self help guide

How to count your units of alcohol

Units	Alcoppop or Can of Lager	Glass of Wine (175ml)	Single Measure of Spirits	Bottle of Spirits (75cl)	Bottle of Wine (75cl)
2					
1.5					
30					
9					

Are you at risk from drinking alcohol?

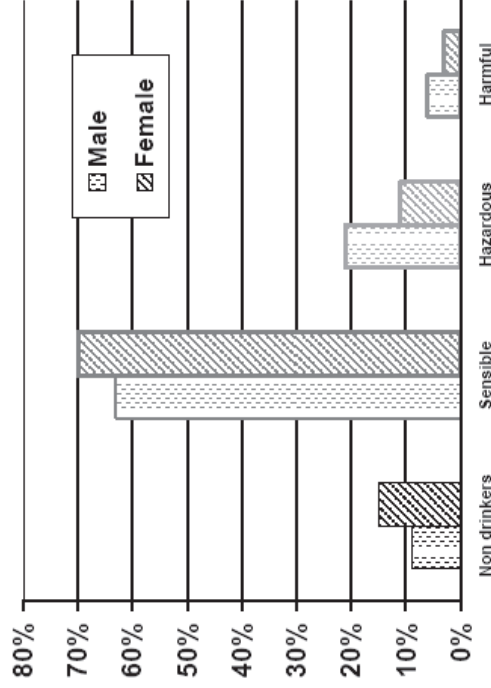
Risk	AUDIT Score	Men	Women	Common Effects
Sensible	0-7	21 units or fewer per week or up to 4 units a day	14 units or fewer per week or up to 3 units a day	<ul style="list-style-type: none"> Increased relaxation Reduced risk of heart disease Sociability
Hazardous	8-15	22 – 49 units per week or regular drinking of more than 4 units per day	15 – 35 units per week or regular drinking of more than 3 units per day	<ul style="list-style-type: none"> Less energy Depression/ Stress Insomnia Impotence Risk of injury High blood pressure
Harmful	16-19	50+ units per week	36+ units per week	<ul style="list-style-type: none"> All of the above and... Memory loss Increased risk of liver disease Increased risk of cancer Possible alcohol dependence

- If you scored between 8 and 15:
Your score suggests you may be at risk of problems in the future.
What do you think?

- If you scored over 15:
You appear to be drinking at a rate that increases your risk of harm.
What do you think?

Jot down some of your own concerns

Percent of population by drinking levels



What targets should you aim for?

Women

3 or fewer units on a drinking day
Maximum of 14 or fewer units weekly

Men

4 or fewer units on a drinking day
Maximum of 21 or fewer units weekly

As well as keeping to weekly limits, it is recommended that you keep at least two days of the week alcohol free.

There are times when you are at risk even after two or three drinks, for example when exercising, operating heavy machinery, driving or are taking certain medicines.

Binge drinking is considered to be drinking twice the daily limit in one sitting (8 units or more for men and 6 units or more for women).

Dependent drinkers should avoid alcohol as no units can be said to be safe: a dependent drinker is someone who feels that they cannot control their drinking, cannot stop once they have started, feels sweaty and shaky on waking and / or feels the need to have a drink to get going.

World Health Organisation 2007

What are the benefits of cutting down?

Physical

- Reduced risk of injury
- Reduced risk of high blood pressure
- Reduced risk of cancer
- Reduced risk of liver disease
- Reduced risk of brain damage
- Sleep better
- More energy
- Lose weight
- No hangovers
- Improved memory
- Better physical shape

Psychological/ Social/ Financial

- Improved mood
- Improved family relationships
- Reduced risk of drink driving
- Save money

What are the benefits of cutting down for you?