

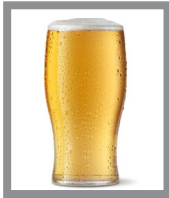
ALCOHOL - WHAT DO I NEED TO KNOW?



- Know your units
- Recommended guidelines
- Benefits of cutting down
- Getting support



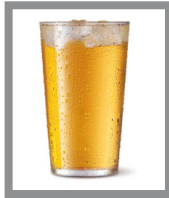
Know your alcohol units.....



Pint of lager
4% ABV
2.3 UNITS



Pint of bitter
5% ABV
2.8 UNITS



Pint of strong
lager / cider
5.2% ABV
3 UNITS



500ml
can of lager
3.8% ABV
1.9 UNITS



750ml
bottle of wine
13.5% ABV
10 UNITS



175ml
glass of red or
white wine
13% ABV
2.3 UNITS



50ml
glass of
fortified wine
20% ABV
1 UNIT



25ml
single spirit
& mixer
40% ABV
1 UNIT



50ml
double spirit
& mixer
40% ABV
2 UNITS



275ml
bottle of
alcopop
5% ABV
1.4 UNITS

Recommended guidelines:

Are you drinking above lower-risk guidelines?

Risk Level	Men	Women	Common Effects
LOWER RISK	14 units or fewer per week spread evenly across 3 days or more*		<ul style="list-style-type: none"> • Increased relaxation • Sociability
INCREASING RISK	15-49 units per week	15-34 units per week	<ul style="list-style-type: none"> • Less energy • Depression/stress • Insomnia • Impotence
HIGHER RISK	More than 50 units per week (or more than 8 units per day)	More than 35 units per week (or more than 6 units per day)	<ul style="list-style-type: none"> • High blood pressure • Memory loss • Increased risk of liver disease and cancer

*Women who are pregnant or planning pregnancy are advised to avoid alcohol completely

Benefits of cutting down

There are so many benefits to reducing your alcohol consumption - here are some of them:



BETTER PHYSICAL HEALTH

Cutting down on how much alcohol you drink will reduce your risk of developing serious health issues such as cancer, liver or heart disease and could contribute to lowering your blood pressure.



IMPROVED MENTAL HEALTH

Alcohol can contribute to the development of mental health difficulties, as well as making existing problems worse. Reducing your alcohol intake can have a positive effect on your mood and contribute to improving your relationships with others.



INCREASED ENERGY

Alcohol can affect how well you sleep which can lead to a bad night's rest and leave you with less energy than normal. Even just a few drinks can interfere with the normal sleep process. Reduce how much alcohol you drink to see the positive effect on your energy levels.



HEALTHIER APPEARANCE

Frequent drinking increases your calorie intake which can have an effect on your weight and physical health. Alcohol also dehydrates the body which can leave skin looking dull. Cutting down on how much you drink and opting for low calorie alternatives can contribute to maintaining a healthy weight and appearance.



SAVE MONEY

Do you know how much you spend on alcohol each week? There are many alcohol calculator tools online that can work out how much you spend. Why not have a go and work out how much you could be saving?

Support

Useful services



Surrey Drug and Alcohol Care offers a 24 helpline, providing support and information to drug and alcohol users, their families and friends in Surrey.

24/7 Confidential Freephone Number: 0808 802 5000



Catalyst offer a Reach Out Counselling service, up to 12 weeks of free counselling to people struggling with substance use issues. For more information, please call **01483 590150** or visit: www.catalystsupport.org.uk



Community Connections Surrey provides emotional and wellbeing support. For more information, please visit www.communityconnectionssurrey.co.uk



Improving Access to Psychological Therapies (IAPT) is a free NHS evidence-based talking therapy service for people 16 years old and over, who are worried or have low mood. For more info, please visit: www.england.nhs.uk/mental-health/adults/iapt/

Useful websites

DON'T BOTTLE IT UP



www.dontbottleitup.org.uk

Alcohol self-assessment tool which provides feedback on drinking risk and gives personalised advice and help to find local support services.

Online appointments with drink coach.

NHS



www.nhs.uk/oneyou/drinking

General information, advice and resources, including drinks tracker apps

www.nhs.uk/change4life/about-change4life

information and tips for healthy living including alcohol support

www.nhs.uk/Livewell/alcohol

Information and advice on drinking and alcohol.

INFORMATION, ADVICE AND SUPPORT

www.drinkaware.co.uk

www.haga.co.uk

www.alcoholconcern.org.uk

www.healthysurrey.org.uk/your-health/substance-misuse

www.alcoholics-anonymous.org.uk

www.surreydrugcare.org.uk

Useful Apps



Change4life drinks tracker

Keep an eye on the booze and take control with free daily tips



DrinkAware

Alcohol tracker, goal setting to help moderate drinking