



Alcohol Aware:

Enjoy your drink but be aware of what it could be doing to your body and mind



How Can I Make My Drinking Safer?

Regularly drinking more than 14 units a week can damage health.

Spread your drinking over three days or more if you drink as much as 14 units a week.

We all need at least two days in a week without alcohol.

The picture below shows some examples of what one unit of alcohol is equal to:

1.5 units  Small glass red/white/rosé wine (125ml, ABV 12%)	2.1 units  Standard glass red/white/rosé wine (175ml, ABV 12%)	2 units  Can of lager/beer/cider (440ml, ABV 4.5%)
3 units  Large glass red/white/rosé wine (250ml, ABV 12%)	2 units  Pint of lower strength lager/beer/cider (ABV 3.6%)	1 unit  Single small shot of spirits* (25ml, ABV 40%)
3 units  Pint of higher strength lager/beer/cider (ABV 5.2%)	1.7 units  Bottle of lager/beer/cider (220ml, ABV 5%)	1.5 units  Shot (27.5ml, ABV 5.3%)

Drinking above the safe limit can damage health in the short term and long term. Serious harm can often emerge after a number of years.

What risks are associated with drinking too much?

Short term risks:

- Accidents
- Domestic and street violence
- Sexual risk taking
- Sexually transmitted infections
- Unplanned pregnancy
- Injury and falls
- Problems with the law (driving)

Longer term risks:

- Liver problems
- Damage to the pancreas
- Reduced fertility
- Sexual difficulties
- Relationship difficulties
- High blood pressure and stroke
- Cancers such as stomach, breast, throat, mouth and liver
- Heart problems
- Memory problem
- Premature ageing or early death
- Anxiety and depression
- Harm to the baby in pregnancy
- Unwanted weight gain/obesity
- Employment/housing problems
- Alcohol dependence

Why should I cut down?

- Improved relationships
- Lose weight
- Feel fitter
- Improved mood
- Save money
- Sleep better
- Improved skin
- Improved concentration
- Improved immune system
- Reduce the risk of short and long term effects of excessive alcohol intake
- Reduce the risks linked to unsafe sex



Unity Sexual Health
www.unitysexualhealth.co.uk



To make an appointment
0117 342 6900
To chat to a health adviser
0117 342 6944

Tips to reduce drinking:

- Keep a track of how much and when you are drinking.
- If you drink at a certain time of day, do something different at that time.
- If you drink daily, take at least 2 days a week when you don't drink at all.
- Try **pacing & spacing**. Pace yourself by sipping slowly, enjoy the taste. Space yourself by having a soft drink in between.
- Have a **smaller** bottle of beer instead of a can. A single instead of a double.
- **Swap** your usual for a drink with less alcohol content ('ABV' - on the side of the bottle or can).
- If you are going to drink, make sure you **eat** first.
- Out of house, out of mind. Avoid stocking up on alcohol at home.
- Buy a drinks measure to check how much you're really drinking
- **Change of scene** - meet somewhere that doesn't serve alcohol.
- **Budget** - take out a fixed amount of money to spend on alcohol
- Identify and avoid triggers
- **Download the 'Days Off' app**: Choose your days off, get reminders, support and practical advice. Read more at www.nhs.uk/oneyou/drinking

Advice and Support

If you are concerned about the amount of alcohol you are drinking, don't be afraid to ask for help. The following services can provide you with help, advice and support:

ROADS: 0117 987 6000 (Bristol)

DHI: 01454 868 750 (South Glos)

Addaction: 01934 427940 (Weston-Super-Mare)

Advocacy service: 0117 965 4444

Alcoholics Anonymous: 0845 769 7555

SMART Recovery: 0117 914 2208

SWAN Project: 0117 989 2521

Hawksprings: 0117 964 2859

NHS Advice: 111 – for confidential health advice

Drinkline: 0800 917 8282 (9am-11pm, Mon-Fri) info and support about your drinking and where to go for support.

www.nhs.uk/oneyou/drinking
www.nhs.uk/drinkcheck

You can also get help, advice and support from your GP or family doctor.