

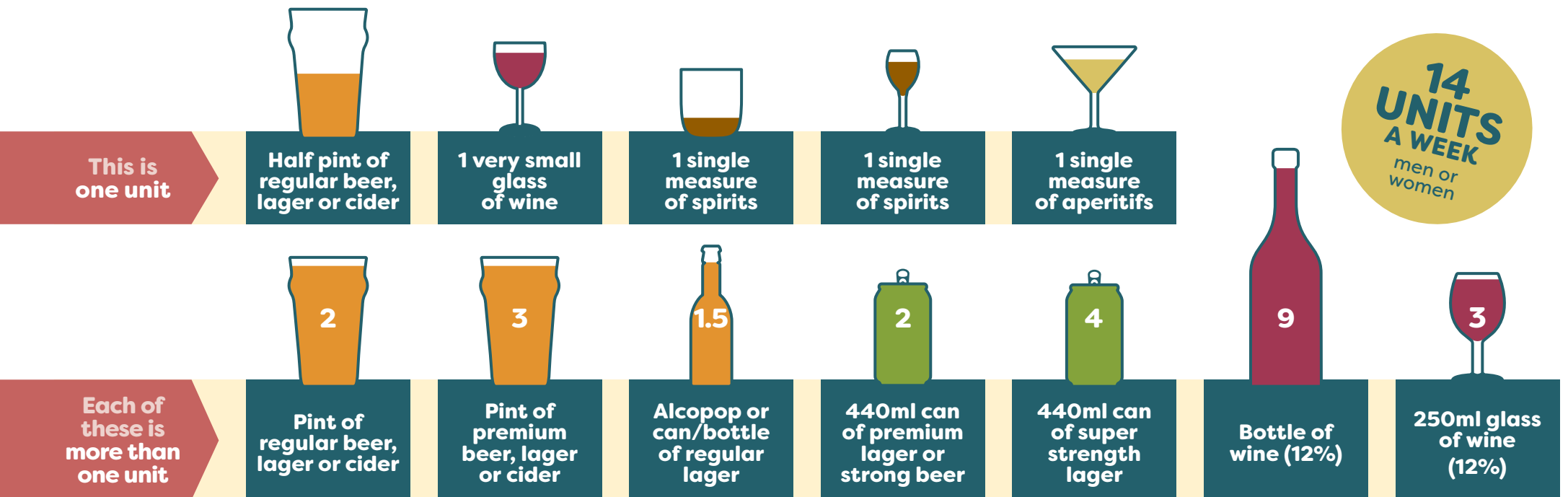


Supporting recovery
Reducing harm
Rebuilding lives

Brief advice about alcohol



How many units did you drink today?



Know the risks...

Risk	Units of alcohol	Common effects
Lower risk	No more than 2-3 units per day on a regular basis	<ul style="list-style-type: none"> Increased relaxation Sociability Reduced risk of heart disease for men over 40 and post-menopausal women
Increasing risk	More than 2-3 units per day on a regular basis	Progressively increasing risk of: <ul style="list-style-type: none"> Low energy Memory loss Relationship problems Depression Insomnia Impotence Injury Alcohol dependence High blood pressure Liver disease Cancer
Higher risk	More than 6 units per day on a regular basis or more than 35 units per week	

There are times when you will be **at risk even after one or two units**. For example:

- With strenuous **exercise**, operating heavy **machinery**, **driving** or if you are on certain **medication**.
- If you are **pregnant** or trying to **conceive**, in which case you are advised to **avoid drinking alcohol**. But if you do drink it should be no more than 1-2 units, once or twice per week, and you should avoid getting drunk.
- Your **screening score** suggests you are drinking at a rate that increases your risk of harm and you might be at risk of problems in the future.

If you have had an **alcohol detoxification** and/or you have any serious physical or mental **health problems** you are **strongly advised not to drink alcohol** at all.

For more detailed information on calculating units see:
www.drinkaware.co.uk/alcohol-facts/alcoholic-drinks-units

Benefits of cutting down

Psychological, social and financial

- Improved mood
- Improved relationships
- Reduced risks of drink driving
- Save money

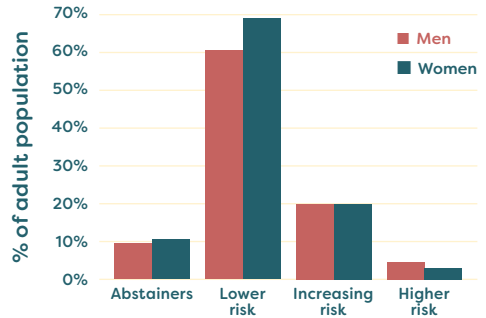
Physical

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

What targets should you aim for?

- Men and women should not regularly drink more than 2-3 units a day
- Regularly means drinking every day or most days of the week
- You should also take a break from drinking for 48 hours after a heavy session to let your body recover

What's everyone else like?



Making your plan

- When bored or stressed, have a workout instead of drinking
- Avoid going to the pub after work
- Plan activities and tasks at those times you would usually drink
- When you drink, set yourself a limit and stick to it
- Have your first drink after starting to eat
- Quench your thirst with non-alcoholic drinks before and between alcoholic drinks
- Avoid drinking in rounds or in large groups
- Switch to low alcohol beer/lager
- Avoid, or limit the time you spend with 'heavy' drinking friends

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SIAS is a partnership between:

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