

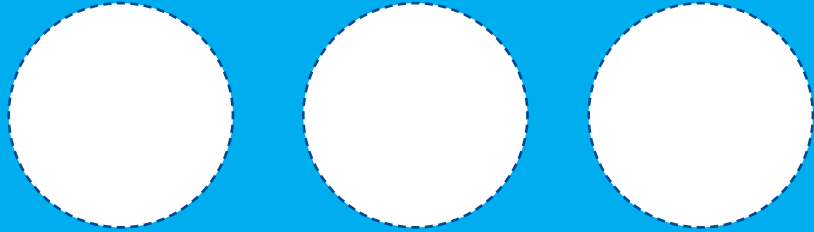


Help and advice about drinking

Visit dontbottleitup.org.uk to find out how risky your drinking is, access personalised advice and find out where you can get support locally.

MY SCORE:

HOW MANY DRINKS I NORMALLY HAVE:



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

YOUR UNIT GUIDE

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

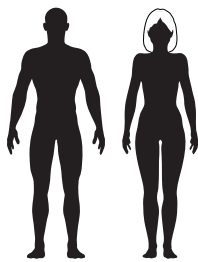
1 UNIT				1.5 UNITS	2 UNITS	3 UNITS	4 UNITS	9 UNITS	

WHAT DOES MY SCORE MEAN? You can find out your AUDIT score on dontbottleitup.org.uk.

AUDIT score	ALCOHOL CONSUMPTION	COMMON EFFECTS	WHAT SHOULD I DO?
0-7 Lower Risk	Your score indicates that you are drinking within recommended limits of less than 14 units per week with several days off for men and women.	<ul style="list-style-type: none"> Increased relaxation Sociability 	<p>Keep up the good work.</p> <p>Download the free DrinkCoach app to keep track of your drinking: drinkcoach.org.uk</p>
8-15 Increasing Risk	Your score indicates you are regularly drinking more than the recommended limits of 14 units per week with several days off and are at increasing risk of alcohol-related harm.	<p>Drinking at Increasing, Higher or High Risk levels increases your risk of:</p> <ul style="list-style-type: none"> Low energy Memory loss Relationship problems Depression Insomnia Impotence Injury Alcohol Dependence 	<p>Why not try cutting down a bit? Small changes to the way you drinking could make all the difference.</p> <p>Use the tips over the page or download the free DrinkCoach app to help you track and change your drinking: drinkcoach.org.uk</p>
16-19 Higher Risk	Your score indicates you are regularly drinking twice the recommended limits of 14 units per week with several days off and are at higher risk of experiencing alcohol-related harm.		<p>You would benefit from cutting down your drinking with some support.</p> <p>You would benefit from cutting down your drinking with some support. Use the tips over the page and talk to your GP to discuss options such as Extended Brief Intervention sessions, lasting 20-40 mins, which will help you to reduce or stop drinking.</p>
20+ High Risk / Possibly Dependent	Your score indicates you are regularly drinking twice the recommended limits of 14 units per week with several days off and are at high risk of experiencing alcohol-related harm, including alcohol dependence.	<ul style="list-style-type: none"> High Blood Pressure Liver Disease Cancer 	<p>You would benefit from cutting down your drinking with some support. Call Islington's Community Alcohol Service (ICAS) on 01887 377 106</p> <p>ICAS Drop in Service: 332C Goswell Road, EC1 7LQ 9.30am-1.00pm, Mon-Fri (Women only on Thursday)</p>

WHAT ARE THE ADVISED LIMITS?

- Men and women are advised to regularly drink **no more than 14 units per week** and to have several alcohol-free days each week.
- There is no safe or risk-free level of alcohol consumption. The guidelines are set to ensure that you are at the lowest possible risk.

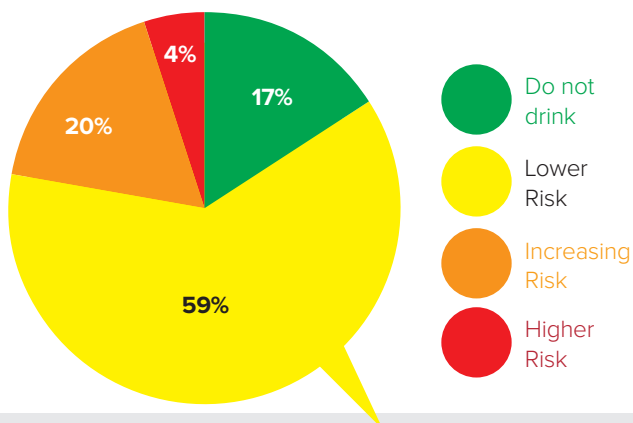


Speak to a specialist via Skype including at weekends and evenings:
dontbottleitup.org.uk

SAFER CONSUMPTION ADVICE

- If you are pregnant or trying to conceive, you shouldn't drink alcohol at all.
- The Chief Medical Officer advises that people under eighteen should not drink alcohol.
- There is no a safe amount of alcohol to drink before driving. The only safe approach is to never drink and drive.
- You need to be mindful when taking medications that alcohol can have a negative impact on a drug's function.
- 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 small glass (125ml) of red wine once or twice a week.

HOW DO I COMPARE?



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

MY PLAN FOR CUTTING DOWN

You'll know what will help you to cut down your drinking. Make your plan here and start making the changes that you want to see.

- Have several alcohol-free days each week
- Download the free DrinkCoach app to track drinking and set goals: drinkcoach.org.uk
- Plan activities and tasks at those times you would usually drink
- Explore other interests such as cinema, exercise etc
- Avoid going to the pub after work
- Have you first drink after starting to eat
- Quench your thirst with non-alcohol drinks before and in-between alcoholic drinks
- Avoid drinking in rounds or large groups
- When you do drink, set yourself a limit and stick to it
- Avoid or limit time spent with "heavy" drinking friends
- _____
- _____
- _____
- _____

THE BENEFITS OF CUTTING DOWN I'D LIKE TO SEE

There are lots of benefits to cutting down your drinking. Which of the benefits mean something to you?

- Improved mood
- Improved relationships
- Reduced risks of drink driving
- Save money
- 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 risks of liver disease
- Reduced risks of brain damage