



# some things you should know about alcohol...

## HELPFUL TIPS TO HELP YOU:

- Pace yourself drink more slowly and take soft drinks or water in between alcoholic drinks.
- Always read the label on any medication to check whether you can consume alcohol.
- Eat before and/or during drinking alcohol.
- Use smaller glasses
- Never drink and drive remember you could still be over the limit the morning after.
- Plan nights that do not involve alcohol.
- If you have concerns about your alcohol use contact your G.P. or Drink, Work and Me.



IT TAKES AROUND ONE HOUR TO PROCESS ONE UNIT OF ALCOHOL.

you shouldn't drink more than

# 14

units (spread over the week)

+ minimum of

## 2 ALCOHOL FREE days a week.

If you are pregnant the safest thing to do is not drink alcohol".

No Alcohol = No Risk

Why not download our app to help keep track of your alcohol use, calories and cost.

DOWNLOAD THE APP TODAY  
[WWW.DRINKWATCH.CO.UK](http://WWW.DRINKWATCH.CO.UK)



“

We offer a wide range of support services for anyone who is concerned about their own or someone else's alcohol use.”

## Get in touch:

Call: 028 9066 4434

[www.drinkworkandme.com](http://www.drinkworkandme.com)

E: [dwmadmin@addictionni.com](mailto:dwmadmin@addictionni.com)

## know your units...



## WHAT DOES 14 UNITS LOOK LIKE?



6 PINTS of 4% beer OR 6 GLASSES (175ml) of 13% wine



# How much is too much?

## Try our alcohol audit...

Please tick the box next to your answer for each question, and then add up your score.

### 1. How often do you have a drink containing alcohol?

- Never (0)    Less than Monthly (1)    2-4 times a month (2)    2-3 times a week (3)    4 or more times a week (4)

### 2. How many standard drinks containing alcohol do you have on a typical day when you are drinking?

- 1 or 2 (0)    3 or 4 (1)    5 or 6 (2)    7 to 9 (3)    10 or more (4)

### 3. How often do you have 6 or more drinks in one occasion?

- Never (0)    Less than Monthly (1)    Monthly (2)    Weekly (3)    Daily or almost daily (4)

### 4. How often during the last year have you found that you were not able to stop drinking once you had started?

- Never (0)    Less than Monthly (1)    Monthly (2)    Weekly (3)    Daily or almost daily (4)

### 5. How often during the last year have you failed to do what was normally expected from you because of drinking?

- Never (0)    Less than Monthly (1)    Monthly (2)    Weekly (3)    Daily or almost daily (4)

### 6. How often during the last year have you needed a drink in the morning to get yourself going after a heavy drinking session?

- Never (0)    Less than Monthly (1)    Monthly (2)    Weekly (3)    Daily or almost daily (4)

### 7. How often during the last year have you had a feeling of guilt or remorse after drinking?

- Never (0)    Less than Monthly (1)    Monthly (2)    Weekly (3)    Daily or almost daily (4)

### 8. How often during the last year have you been unable to remember what happened the night before because you had been drinking?

- Never (0)    Less than Monthly (1)    Monthly (2)    Weekly (3)    Daily or almost daily (4)

### 9. Have you or someone else been injured as a result of your drinking?

- No (0)     Yes, but not in the last year (2)    Yes, during the last year (4)

### 10. Has a relative, friend, doctor, or health worker been concerned about your drinking or suggested that you should cut down?

- No (0)     Yes, but not in the last year (2)    Yes, during the last year (4)

Now add your total score:

and then turn overleaf...

# What does your score mean?

The AUDIT questionnaire was developed by the World Health Organisation to evaluate a person's use of alcohol. Your AUDIT score shows whether your drinking could be hazardous and putting you at risk. Higher scores typically reflect more serious problems.

**LOW RISK:** Not likely to cause serious harm. Remember, there are no completely safe limits.

**HAZARDOUS:** Increased risk of harm including physical, mental, social, legal, financial problems.

**HIGH RISK:** Drinking at this level will eventually result in harm if not already doing so. Risk of dependence is there.

**HIGHEST RISK:** Definite harm. Likely to be dependent.

**0-7**  
LOW RISK

**8-15**  
HAZARDOUS

**16-19**  
HIGH RISK

**20+**  
HIGHEST RISK

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units (spread  
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**FREE**  
days a week.

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