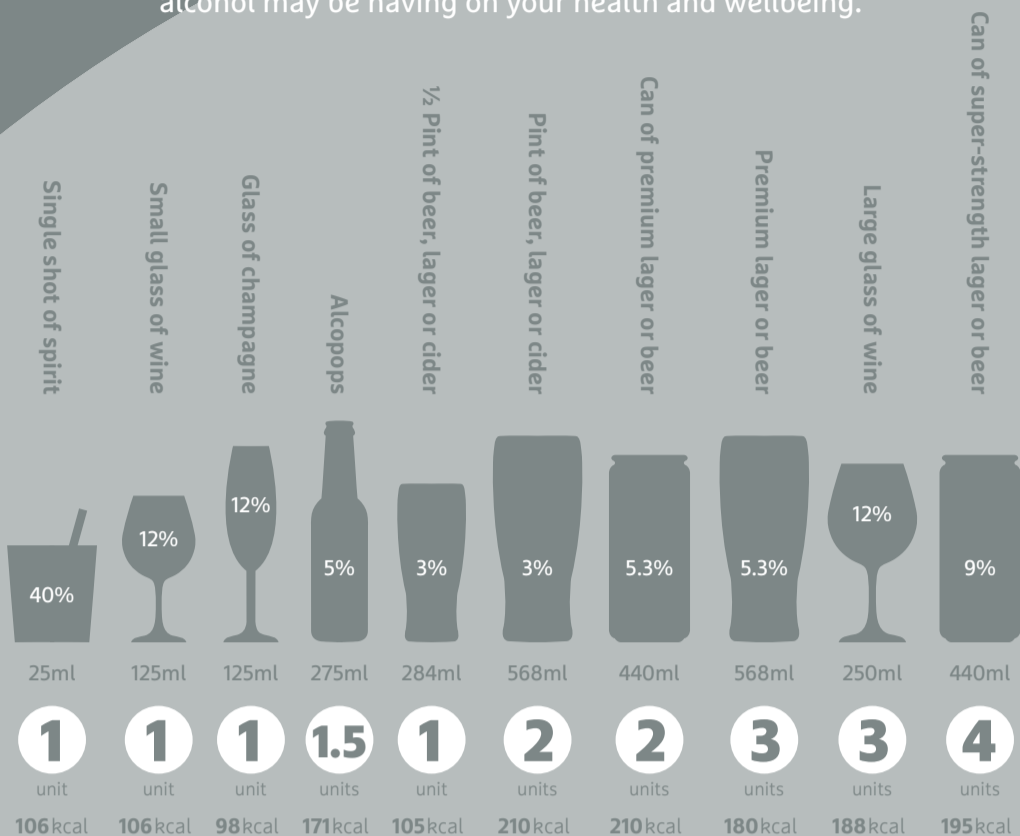


Concerned about your drinking?

Men
Should not regularly exceed more than **2-3** units a day and no more than **14** units a week.

Women
Should not regularly exceed more than **2-3** units a day and no more than **14** units a week.

The size and strength of your drink determines the number of units you are drinking. See how many units and calories are in your drinks and what effect alcohol may be having on your health and wellbeing.



Drinking more than the recommended limit can **damage your health** in the short and long term

Cutting down on alcohol

SAVE MONEY



SLEEP BETTER



LOSE WEIGHT



IMPROVED MOOD



STRONGER IMMUNE SYSTEM



FEEL FITTER



FEEL BETTER



FRESHER SKIN



BENEFITS



SHORT TERM EFFECTS OF ALCOHOL:

- Vomiting
- Upset stomach
- Headaches
- Distorted vision
- Distorted hearing
- Slurred speech
- Unconsciousness
- Blackouts



LONG TERM EFFECTS OF ALCOHOL:

- High blood pressure
- Strokes
- Liver disease
- Memory loss
- Reduced fertility
- Weakened bones
- Depression

If you want to cut back on your drinking, here are some tips:

- 1** Keep track of how much you're drinking. Use the drinks diary on the side to record how many units you drink a day. Set yourself a target at the beginning of each week and see if you can stick to that amount of units.
- 2** Try smaller measures. Reduce to half pints or smaller glasses of wine.
- 3** Alternate alcoholic drinks with soft drinks or water. Not only will you drink less alcohol, it'll keep you hydrated and lessen a hangover.
- 4** Cut the alcohol completely. Replace alcohol altogether with alternatives like soft drinks, cordials or juices.



If you're worried about your own drinking or someone else's, contact **Recovery Near You**. We offer friendly, practical advice and support – whether you just want to talk or need treatment. Call our confidential helpline on:

0300 200 2400

Email: talktous@recoverynearyou.org.uk

recoverynearyou.org.uk

Recovery **near you**

HOW MANY UNITS DO YOU DRINK IN A WEEK?

Week 1 Units consumed: **M**

T

W

T

F

S

S

Target:

Total:

Week 2 Units consumed: **M**

T

W

T

F

S

S

Target:

Total:

Week 3 Units consumed: **M**

T

W

T

F

S

S

Target:

Total:

Week 4 Units consumed: **M**

T

W

T

F

S

S

Target:

Total: