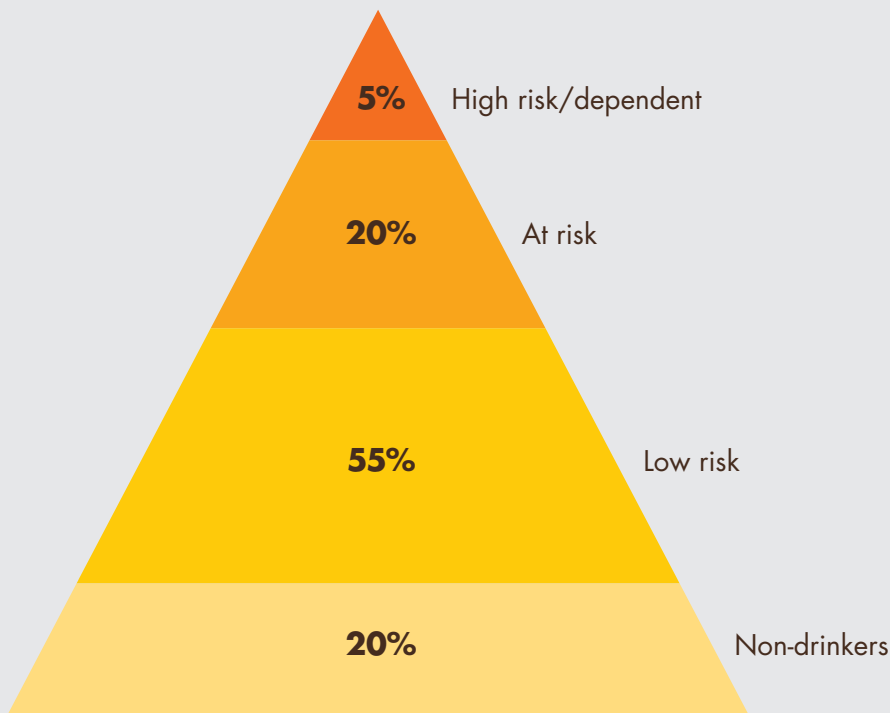


1 Feedback – Are YOU at risk from drinking alcohol?

Score	Benefits	Problems
0–7 Low RISK	<ul style="list-style-type: none"> • Increased relaxation 	<ul style="list-style-type: none"> • Sometimes any drinking can be risky (e.g. driving, pregnancy, some medical conditions) • Even occasional heavy drinking can put you at risk of injury
8–12 At risk	<ul style="list-style-type: none"> • Health benefits minimal 	<ul style="list-style-type: none"> • Less energy • Poor sleep • Poor co-ordination • Less able to think clearly • High blood pressure • Depression/stress • Impotence • Risk of injury • Danger driving & using machinery
13+ High risk of dependence	<ul style="list-style-type: none"> • Health benefits lost 	<ul style="list-style-type: none"> • All of the above, plus: • Damage to liver, brain, memory • Physical dependence (addiction)

What is everyone else like?

Most people drink at safe levels



Australian general population

3 What benefits will you get from cutting down?

- sleep better
- more energy
- lose weight
- no hangovers
- better memory
- better physical shape
- improved mood
- less family hassles
- more money

Reduced risk of

- high blood pressure
- liver damage
- brain damage
- cancer
- drink driving
- injury (to you and others)

2 Have YOU thought about changing your drinking?

4 Goals

Who	How many drinks are safe?
Healthy adults	<ul style="list-style-type: none"> No more than 2 standard drinks per day reduces the lifetime risk of harm No more than 4 standard drinks on any occasion reduces risk of injury
Special situations (e.g. driving, using machinery, some medical conditions or medicines)	<ul style="list-style-type: none"> Lower limits apply
Pregnant or breastfeeding Under 18 years	<ul style="list-style-type: none"> Not drinking is safest
Alcohol dependence or physical damage from alcohol	<ul style="list-style-type: none"> Not safe to drink at all

1 standard drink:



OR

middy of beer
(285mls)



OR

small glass
of wine
(100 mls)



nip of spirits
(30 mls)

5 Strategies

How do I cut down?

- Drink only with food
- Have a glass of water to quench thirst & between drinks
- Switch to smaller drinks
- Switch to low-alcohol beer
- Avoid going to the pub after work
- Avoid or limit time spent with 'heavy drinking' friends
- If under pressure to drink, say "I'm getting fit" or "My doctor has told me to cut down"

Alternatives

- Plan other activities at a time when you usually have a drink
- When stressed, take a walk or exercise instead of drinking
- Explore new interests

Tips for keeping on track

Questions to ask yourself

- **What are the most difficult times?**
Plan to avoid these situations or plan activities to help you cope
- **How am I doing?**
Occasionally, try writing down how much you have to drink over a week
- **Am I losing motivation?**
Remind yourself of your reasons for cutting down
- **Do I need more help?**
Don't feel embarrassed to come back for help. Specialist services are also available.

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