

## Useful services



Surrey Drug and Alcohol Care offers a 24 helpline, providing support and information to drug and alcohol users, their families and friends in Surrey.  
**24/7 Confidential Freephone Number: 0808 802 5000**



Catalyst offer a Reach Out Counselling service, up to 12 weeks of free counselling to people struggling with substance use issues. For more information, please call **01483 590150** or visit: [www.catalystsupport.org.uk](http://www.catalystsupport.org.uk)



Community Connections Surrey provides emotional and wellbeing support. For more information, please visit [www.communityconnectionssurrey.co.uk](http://www.communityconnectionssurrey.co.uk)



Improving Access to Psychological Therapies (IAPT) is a free NHS evidence-based talking therapy service for people 16 years old and over, who are worried or have low mood. For more info, please visit: [www.england.nhs.uk/mental-health/adults/iapt/](http://www.england.nhs.uk/mental-health/adults/iapt/)

## Useful websites

### DON'T BOTTLE IT UP



[www.dontbottleitup.org.uk](http://www.dontbottleitup.org.uk)

Alcohol self-assessment tool which provides feedback on drinking risk and gives personalised advice and help to find local support services.  
 Online appointments with drink coach.

NHS

[www.nhs.uk/oneyou/drinking](http://www.nhs.uk/oneyou/drinking)



General information, advice and resources, including drinks tracker apps

[www.nhs.uk/change4life/about-change4life](http://www.nhs.uk/change4life/about-change4life)

information and tips for healthy living including alcohol support

[www.nhs.uk/Livewell/alcohol](http://www.nhs.uk/Livewell/alcohol)

Information and advice on drinking and alcohol.

### INFORMATION, ADVICE AND SUPPORT

[www.drinkaware.co.uk](http://www.drinkaware.co.uk)

[www.haga.co.uk](http://www.haga.co.uk)

[www.alcoholconcern.org.uk](http://www.alcoholconcern.org.uk)

[www.healthysurrey.org.uk/your-health/substance-misuse](http://www.healthysurrey.org.uk/your-health/substance-misuse)

[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

[www.surreydrugcare.org.uk](http://www.surreydrugcare.org.uk)

## Useful Apps

### Change4life drinks tracker

Keep an eye on the booze and take control with free daily tips

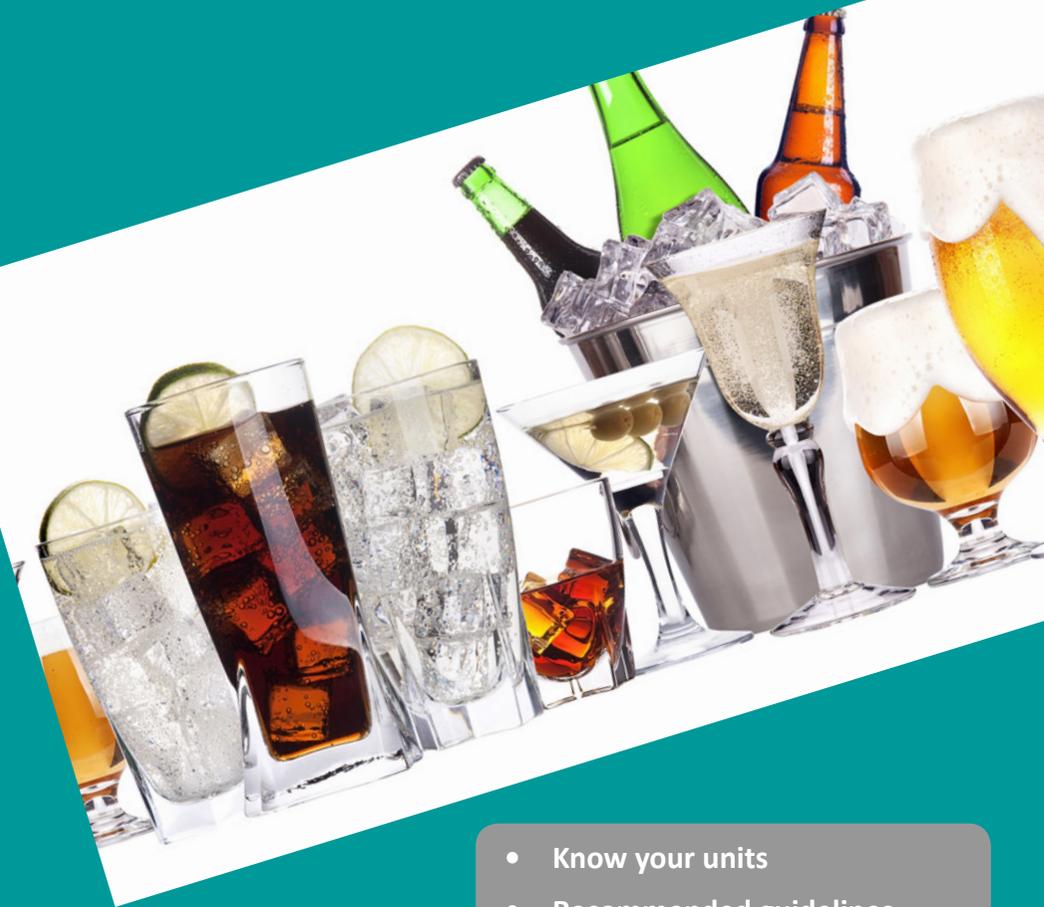


### DrinkAware

Alcohol tracker, goal setting to help moderate drinking



# ALCOHOL - WHAT DO I NEED TO KNOW?



- Know your units
- Recommended guidelines
- Benefits of cutting down
- Getting support

				
Pint of lager 4% ABV <b>2.3 UNITS</b>	Pint of bitter 5% ABV <b>2.8 UNITS</b>	Pint of strong lager / cider 5.2% ABV <b>3 UNITS</b>	500ml can of lager 3.8% ABV <b>1.9 UNITS</b>	750ml bottle of wine 13.5% ABV <b>10 UNITS</b>
				
175ml glass of red or white wine 13% ABV <b>2.3 UNITS</b>	50ml glass of fortified wine 20% ABV <b>1 UNIT</b>	25ml single spirit & mixer 40% ABV <b>1 UNIT</b>	50ml double spirit & mixer 40% ABV <b>2 UNITS</b>	275ml bottle of alcopop 5% ABV <b>1.4 UNITS</b>

Recommended guidelines:

Are you drinking above lower-risk guidelines?

Risk Level	Men	Women	Common Effects
<b>LOWER RISK</b>	14 units or fewer per week spread evenly across 3 days or more*		<ul style="list-style-type: none"> <li>• Increased relaxation</li> <li>• Sociability</li> </ul>
<b>INCREASING RISK</b>	15-49 units per week	15-34 units per week	<ul style="list-style-type: none"> <li>• Less energy</li> <li>• Depression/stress</li> <li>• Insomnia</li> <li>• Impotence</li> </ul>
<b>HIGHER RISK</b>	More than 50 units per week (or more than 8 units per day)	More than 35 units per week (or more than 6 units per day)	<ul style="list-style-type: none"> <li>• High blood pressure</li> <li>• Memory loss</li> <li>• Increased risk of liver disease and cancer</li> </ul>

\*Women who are pregnant or planning pregnancy are advised to avoid alcohol completely

There are so many benefits to reducing your alcohol consumption - here are some of them:



**BETTER PHYSICAL HEALTH**

Cutting down on how much alcohol you drink will reduce your risk of developing serious health issues such as cancer, liver or heart disease and could contribute to lowering your blood pressure.



**IMPROVED MENTAL HEALTH**

Alcohol can contribute to the development of mental health difficulties, as well as making existing problems worse. Reducing your alcohol intake can have a positive effect on your mood and contribute to improving your relationships with others.



**INCREASED ENERGY**

Alcohol can affect how well you sleep which can lead to a bad night's rest and leave you with less energy than normal. Even just a few drinks can interfere with the normal sleep process. Reduce how much alcohol you drink to see the positive effect on your energy levels.



**HEALTHIER APPEARANCE**

Frequent drinking increases your calorie intake which can have an effect on your weight and physical health. Alcohol also dehydrates the body which can leave skin looking dull. Cutting down on how much you drink and opting for low calorie alternatives can contribute to maintaining a healthy weight and appearance.



**SAVE MONEY**

Do you know how much you spend on alcohol each week? There are many alcohol calculator tools online that can work out how much you spend. Why not have a go and work out how much you could be saving?