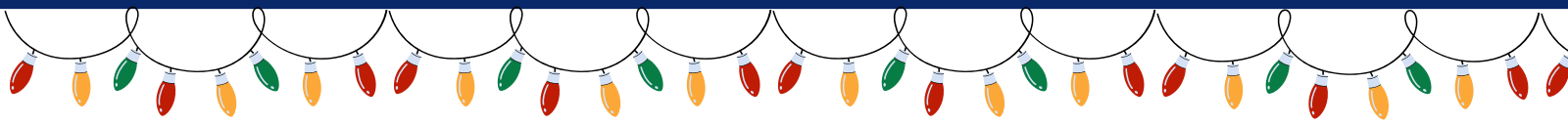


# Alcohol and Drug Snapshot

## December 2024



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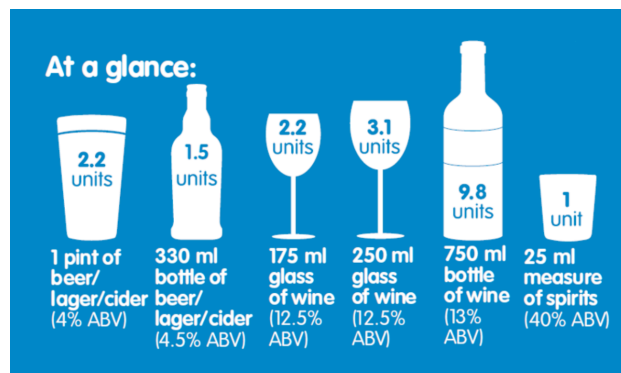
The festive period is a time when many meet up with friends, family and colleagues.

Next Friday, 20th December is known as the most popular night for end of year celebrations and can often involve alcohol.



With so many different drinks and glass sizes, from shots to pints – not to mention bottles – it's easy to get confused about units and how much you are drinking.

Here is a reminder of what units of alcohol can look like in different drinks.



Source

## How to drink less on a night out



**Set a budget:** this can be a good way to drink less. If you are going out, try taking only the exact cash, or set up a spending alert on your card.



**Wait** - Having your first drink only once you are out. This means no alcoholic drinks prior to going out.



**Switch from the stronger stuff** - Choose drinks that are lower in alcohol.

**Down size your drink** - usually drink a pint? order a bottle instead.



**Stay out of rounds:** Being involved in rounds makes it easy to end up drinking more than you intended.



**Alternate each drink with water** - this will help to space out the alcoholic drinks that you consume.

## Low-risk drinking guidelines

- To keep health risks from alcohol to a low level it is safest not to drink more than 14 units a week on a regular basis.
- If you regularly drink as much as 14 units per week, it is best to spread your drinking evenly over 3 or more days.
- If you have 1 or 2 heavy drinking episodes a week, you increase your risks of death from long term illness and from accidents and injuries.
- The risk of developing a range of health problems, including cancers of the mouth, throat and breast, increases the more you drink on a regular basis.
- If you want to cut down the amount you drink, a good way is to have several drink-free days each week.

Source

## Alcohol Support



If you are worried about your own or someone else's drinking there are lots of organisations available to help.