

ALCOHOL

CHANGE^{UK}

Thinking about your drinking?

Find out more about
alcohol and you.

www.alcoholchange.org.uk

Tips for healthier drinking

Stay hydrated. Drinking water between alcoholic drinks will help you pace yourself. And remember you don't have to join in every round!

Drink and think in units. It's safest not to drink more than 14 units per week; that's about six pints of lager or a bottle and a half of wine.

Download the free Try Dry app.

Try Dry is the app to help you drink more healthily. Track your units, calories and money spent and saved:
alcoholchange.org.uk/app

Ask for help if you need it. Talk to your GP or visit our website to find out about getting support to cut down.

www.alcoholchange.org.uk

Alcohol harm in the UK

In England there are almost **600,000** dependent drinkers. Less than 20% are receiving treatment.

Victims believed the offender(s) to be under the influence of alcohol in **39%** of all violent incidents in 2015/16 in England.

Alcohol misuse is the **biggest** risk factor for death, ill-health and disability for 15-49 year-olds in the UK.

Alcohol costs the NHS **£3.5 billion** every year in England alone.

More than **one in five** 15-year-olds report having been drunk in the past month.

**But together we can change that.
Find out how.**

Did you know that
alcohol increases
your risk of...

- Depression
- Brain damage
- Seven forms of cancer
- Liver disease
- Diabetes
- And more than 50 other conditions

The best way to stay healthy is to
drink **14 units a week or less.**

Check how much you're drinking.

www.alcoholchange.org.uk

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Are you **worried**
about your own
or someone else's
drinking?

You deserve help.

Talk to your GP, or find out about your
other options.

www.alcoholchange.org.uk

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Alcohol

Awareness

Week

11-17 November 2019.
Find out more about
alcohol and you.

www.alcoholchange.org.uk

Alcohol myth:

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“I can **save my units** for the weekend.”

That's not a great idea! It's safest to drink no more than 14 units a week (about six pints of lager, or a bottle and a half of wine), and to spread your drinking over three or more days.

Debunk more myths.

www.alcoholchange.org.uk

Alcohol myth:

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**"I can't have fun
without booze."**

Of course you can. Over 10 million adults in the UK don't drink and they still go out with friends, go on dates, dance like idiots and do all the other things you might associate with drinking.

Debunk more myths.

www.alcoholchange.org.uk

Alcohol myth:

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"Coffee

sobers me up."

No it doesn't! Coffee makes you feel more awake, but won't make you less drunk or cure a hangover. It might also make it harder for you to realise whether you're still drunk, leading to poor decision-making – like driving when there's still alcohol in your blood.

Debunk more myths.

www.alcoholchange.org.uk

Alcohol myth:

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**“Alcohol-free
beer is rubbish!”**

No it's not! In fact, alcohol-free and low alcohol beers are now winning awards against their full-strength competitors.

Check out **booze-free reviews** on our website.

www.alcoholchange.org.uk

Alcohol myth:

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“A trip to **the gym**
undoes the damage.”

No it doesn't! Exercise can make you feel a bit better after drinking, but it's not possible to sweat out the alcohol. Only time will get the booze out of your bloodstream.

Debunk more myths.

www.alcoholchange.org.uk

Alcohol myth:

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“It’s embarrassing
to have an
alcohol problem.”

No it isn’t. Millions of people across the country drink too much, and around 589,000 in England are alcohol-dependent. There’s no shame in asking for help. You can talk to your GP or local alcohol service, and find out more on our website.

Debunk more myths.

www.alcoholchange.org.uk

Cut down to cut your risk

Drinking alcohol increases our risk of many serious health conditions including cancer, mental health problems, and liver disease. But by making even **small changes** to our drinking, we can help to reduce that risk.

Get simple tips for cutting down at
www.alcoholchange.org.uk/cutdown

If you're worried
about your **drinking,**
support is available.

Many people need support with their drinking. Don't struggle on your own. **Asking for help** is one of the bravest things you can do.

Talk to your GP or local alcohol service, and find out more on our website.

www.alcoholchange.org.uk

Alcohol harm in the UK

Alcohol is a factor in the deaths of **three people every hour.**

Last year, **1.2 million people** were admitted to hospital because of alcohol.

Alcohol costs the NHS **£3.5 billion** every year.

Around **200,000 children** in England live with an alcohol-dependent parent or carer.

But together we can change that.
Find out how.

www.alcoholchange.org.uk

Alcohol and your body

Brain: dementia, alcohol-related brain damage, depression, anxiety.

Mouth and throat: cancer of the mouth, upper throat, larynx and oesophagus.

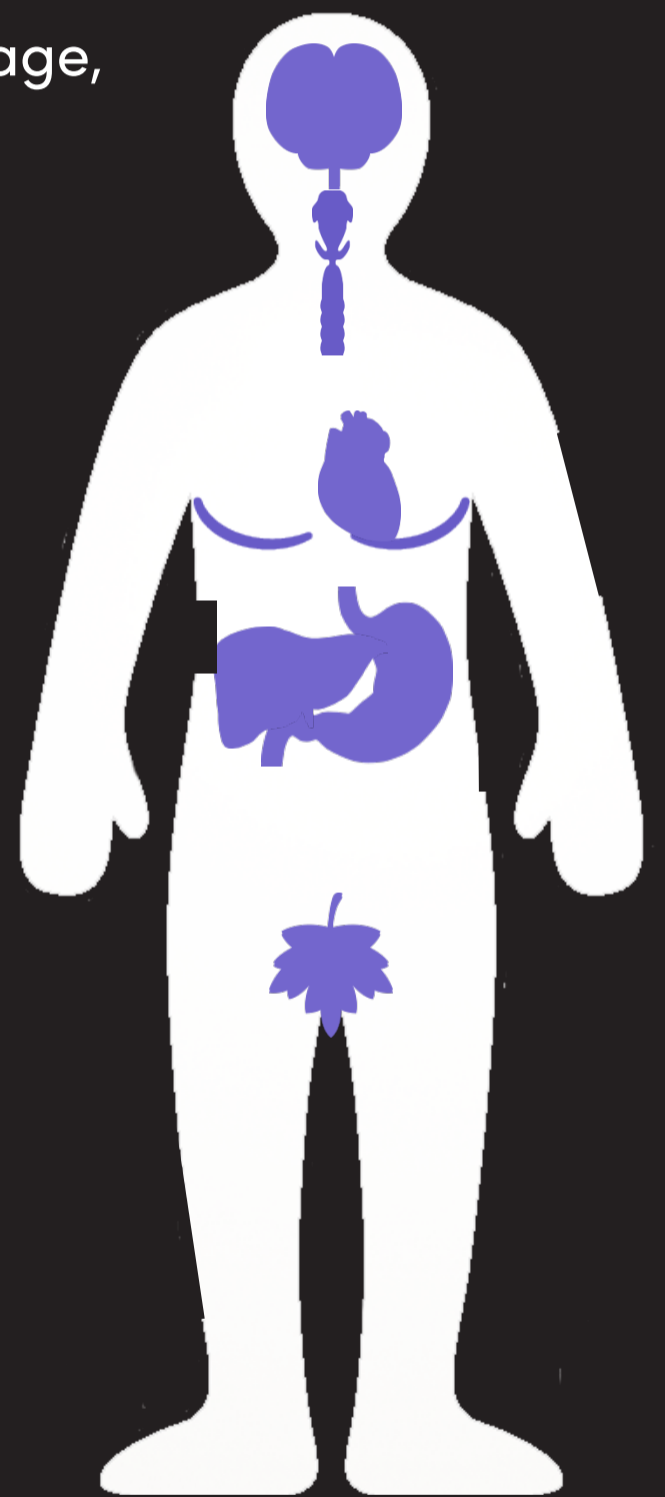
Heart: hypertension and risk of stroke.

Breasts: breast cancer in women.

Liver: fatty liver, hepatitis, cirrhosis, and liver cancer.

Digestive system: gastritis, stomach ulcers and cancer of the stomach and bowel.

Reproductive system: temporary impotence and reduced fertility.



Keep your risks low by drinking no more than **14 units a week.** Find out more about alcohol.

Download the
free **Try Dry** app
to help you drink
more healthily



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