

_____, PLEASE REMEMBER

Men should not drink more than 2 units a day.



Women should not drink more than 1 or 2 units a day.



You should have 2 days every week when you do not drink alcohol.

For more information please contact



ALL MEADOW COURT STAFF.

Telephone number 01823 270845

_____, ABOUT YOUR ALCOHOL USE

this is one unit below

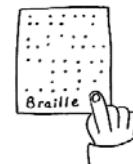


Information for _____

Note for Carers:

Maxine should be given support to go through the information in this leaflet and the information may need to be adapted to support **her** individual needs.

WE CAN TALK, READ, WRITE AND WATCH ABOUT ALCOHOL





There is nothing wrong with having a drink, if you drink in a sensible way.
But drinking too much alcohol can make you ill.

This leaflet tells you about:

- What drinks have alcohol in them.
- What happens if you drink too much.
- How you can cut down or stop drinking.

What can you do?

If you want to stop drinking you need to ask for help.

You need a plan to help you to stop drinking or to cut down.

You can ...



1.

2.

3.

4.

5.



If you drink too much over a long time it can make you very ill. Alcohol can damage your body in lots of ways.



What drinks have alcohol in them?

Some drinks contain more alcohol than others.

These drinks all have alcohol in them.

Beer, lager or cider



Wine



Alco pops



Spirits
This is drinks like whisky and vodka.

People use the word unit to say how much alcohol there is in a drink.



Did you know?



It can be dangerous to mix alcohol and drugs.

Ask your doctor if it is safe to drink alcohol with your medication



Drinking alcohol when you are stressed, angry or upset



Alcohol costs a lot of money.



There are lots of calories in alcohol. Drinking a lot can make you put on weight

What happens if you drink too much?

When you drink alcohol it can make you feel good but as you drink more you can start to lose control.

If you get drunk you might.....

Have an argument or a fight.



Fall over and hurt yourself.



Forget what you have done.



Feel sick or be sick

