



Do you know how many units are in your drinks?

It is recommended to drink under 14 units a week for both men and women. Although it's important to know that no amount of alcohol is safe. If you are worried you can begin by monitoring how much you are regularly drinking. We have included a drink diary to help you do this.



1.6 units
1 bottle of
premium beer
(330ml)



2.3 units
1 pint of beer
(4%ABV)



2.6 units
1 pint of cider
(4.5% ABV)



1 unit
1 glass of 25ml
measured spirits
(40% ABV)



3 units
1 large glass of
red/ white/ rose
wine 250ml
(12% ABV)



9.8 units
1 bottle of wine
(750ml)
(13% ABV)

Change doesn't have to mean stopping completely, you may just want to cut down to a healthier amount and find a balance.

Start to reduce your alcohol intake with these small changes:

- Drink alcohol with a lower percentage.
- Eat before drinking alcohol, or at least during.
- Avoid doubles and shots.
- Avoid drinking in rounds, so you can control when and how much.
- Have soft drinks or alcohol free drinks in between alcoholic ones.
- Avoid salty foods (crisps/nuts) – they will make you more thirsty.
- Keep less alcohol in the house.
- Plan alternative ways to relax and keep busy rather than the pub.





Fail to plan, plan to fail! Think about how you can change your behaviour and your habits around why and how you drink. It's a process that will take you some time to adjust, so be kind and patient with yourself.

- **Have a plan.** Think ahead for situations where you are out with friends or family and you know that other people will be drinking.
- **Avoid your triggers.** If there are people you know, or places you go to where you know that you are more likely to drink, how can you avoid them.
- **Do not mix with other substances.** Avoid using cocaine, benzos and other depressant drugs. They can mask how drunk you are or have unwanted effects.
- **Try a support group.** Although this might be something you wouldn't usually consider. Groups are a good option for finding likeminded people who are also wanting to make changes to their drinking or drug use. Everyone there will understand what you are trying to do, and will be supportive of you.
- **I need help to make these plans.** Turning Point can help you make a plan and find support that works for you. Whether you want advice to reduce your drinking or access to treatment to stop drinking altogether.

If you are physically dependent on alcohol, do not stop drinking suddenly, keep your intake stable and if you plan to cut down and reduce by no more than 10% every few days. If you feel any, or all of these symptoms, you must NOT stop drinking completely. You must seek medical advice immediately.

Signs of alcohol withdrawal

- Hand tremors ('the shakes')
- Sweating
- Nausea
- Visual hallucinations
- Seizures



