

BOTTLED DRINKS

Bottle of vodka
1 litre/40%
40 units

Bottle of wine
750ml/12%
9 units

Can of super strength
beer or lager
440ml/7%
5 units

Bottle of strong cider
2 litres/7%
15 units

THESE DRINKS CONTAIN AT LEAST 1 UNIT OF ALCOHOL:



HALF A PINT
regular beer/lager/cider



A SMALL GLASS
of wine



A SINGLE PUB MEASURE
of spirits

REMEMBER: Home measures are usually larger than in a pub and the alcohol content (ABV) is often higher which means the unit count will go up.

THERE ARE PEOPLE TRAINED IN ALL SORTS OF SERVICES THAT YOU CAN TALK TO.

Whenever and wherever you see the One too many? adverts there is likely to be someone that you can talk to – it's advice they offer not a lecture.

SDAP
Somerset Drug &
Alcohol Partnership
November 2016



IF YOU WANT MORE INFORMATION ABOUT ALCOHOL AND THE SUPPORT THAT IS AVAILABLE PLEASE VISIT

WWW.DRINKAWARE.CO.UK
WWW.NHS.UK/ONEYOU/DRINKING

ONE TOO MANY? IF YOU WANT TO TALK THEN SO DO WE...



If alcohol is becoming a habit it might be time to talk to someone about your drinking. There are staff trained to talk to you in complete confidence. Ask where you picked up this leaflet who you can have a chat with about your drinking. It's advice we offer, not a lecture.

Aim to have several alcohol free days in a week

MEN AND WOMEN



NO MORE THAN 14 UNITS
A WEEK, SPREAD OVER 3 OR MORE DAYS

More than this is risky, especially if you drink a lot in any one session

Cutting down on alcohol doesn't have to be hard. Both websites below have got simple, interactive tools to help you check how much you drink.

They will also give you some tips and ideas for ways to cut back.

Find out more on how to reduce your risks:

www.drinkaware.co.uk
and look at MyDrinkaware to get instant feedback on your drinking

Look at **www.nhs.uk/oneyou/drinking** and look at the One you drinks tracker app at: **www.nhs.uk/oneyou/apps**

UP FOR CHANGING THINGS A BIT?

STEP

1



IDENTIFY GOOD REASONS TO CHANGE

Pick your 3 best reasons to change how much you drink.

STEP

2



SET YOUR OWN GOALS

Plan how much you will have when you go out or when you are drinking at home.

STEP

3



PLAN FOR ANY DIFFICULT TIMES

Recognise when it might be difficult for you and identify how you will deal with those situations.

STEP

4



FIND SUPPORT

It can really help to talk to someone you trust and to ask for advice when you need it – could be a friend, a colleague from work, your partner or someone at your GP surgery.

There are lots of people in different services who want to talk if you do – as it's advice they offer not a lecture.

To find the contact details for local alcohol services in Somerset go to www.somersetdap.org.uk

STEP

5



STICK TO YOUR GOALS BY JUST TAKING ONE DAY AT A TIME

Small changes can make a big difference.



MAKING YOUR PLAN

You might find these things help...

- Plan activities and tasks at those times you might usually drink.
- Avoid going to the pub after work.
- Eat before you start drinking.
- Switch to lower strength alcohol and non-alcoholic options.
- Think about alternatives that you could easily opt for instead of having a drink. The options are endless but could include: having a long relaxing bath, catching up with an old friend on the phone, going for a walk, a swim or a bike ride, doing some odd jobs you've been putting off for ages or learning to cook or draw.