

WAYS AND WHYS TO DRINK SAFE



Drink water or soft drinks between alcoholic drinks

WHY?

So you don't get dehydrated and ill. You want a good night and to remember it. Re-hydrating will help.



Take out a set amount of money and no credit or debit cards

WHY?

Partly so you don't spend all your money, but mainly so you can keep control over how much you drink.



Get taxis or have a designated driver

WHY?

Then no one has to worry about getting home and you know that you'll be safe.



Eat before or whilst drinking

WHY?

If you don't eat the alcohol cannot be absorbed. You will end up feeling ill and/or go over your limit quickly.



Try not to drink in rounds

WHY?

Not only do you tend to spend more, you also tend to drink more.



Try drinking lighter drinks, e.g. Fosters instead of Stella

WHY?

One pint is not the same as another. The alcohol content in Stella, for instance, is greater than for Fosters.

WHERE TO FIND HELP

If you are concerned about your own or someone else's drinking visit your GP or call:

Local Numbers

E's Up 023 9282 5140

For young people under the age of 18 having problems with Drugs, Alcohol or Solvent misuse. Mon-Fri 9am – 5pm. Confidential answer phone out of hours. www.es-up.org.uk

ANA First Step 023 9237 3433

Regular and confidential support group for those who are close to someone who misuses drugs/alcohol and who are themselves struggling with the impact this has on their lives. info@anatrementcentres.com

PORTAS 023 9275 1617

Reaching out to people with drug/alcohol problems in their own homes and locations. Advocating on your behalf and offering confidential and non-judgemental services.

Alcohol Counselling Service

023 9273 5836

Offering free confidential counselling sessions. Mon – Fri 6pm – 9pm

National Number

Drinkline 0800 917 8282

Information and advice for anyone with concerns about their own or someone else's drinking www.drinkaware.co.uk

For more information go to www.saferportsmouth.org.uk