

# HOW MUCH IS TOO MUCH?

HOW MANY UNITS ARE IN YOUR DRINK?



RECOMMENDED DAILY LIMIT ♂ 3-4 UNITS ♀ 2-3 UNITS

**THINK ABOUT YOUR DRINKING,  
TAKE CONTROL AND STAY SAFE.**

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](http://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](mailto: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 Numbers

**Drinkline 0800 917 8282**

Information and advice for anyone with concerns about their own or someone else's drinking [www.drinkaware.co.uk](http://www.drinkaware.co.uk)

**Alcoholics Anonymous 0845 769 7555**

A fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from alcoholism. [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

**Families Anonymous 0845 1200 660**

Offer self-help groups that welcome those affected by drug/substance abuse of a relative or friend. Independent, non-professional and anonymous. [www.famanon.org.uk](http://www.famanon.org.uk)

For more information go to

[www.saferportsmouth.org.uk](http://www.saferportsmouth.org.uk)

# HOW MUCH IS TOO MUCH?

WHAT'S YOUR SCORE?



## WHAT'S YOUR NUMBER?

COMPLETE THIS QUESTIONNAIRE AND FIND YOUR SCORE.

Questions	Scoring System					Your Score
	0	1	2	3	4	
How often do you have 8 (men)/6 (women) or more drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
<b>Only answer the following questions if your answer above is monthly or less</b>						
How often in the last year have you not been able to remember what happened when drinking the night before?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often in the last year have you failed to do what was expected of you because of drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
Has a relative/friend/doctor/health worker been concerned about your drinking or advised you to cut down?	No		Yes, but not in the last year		Yes, during the last year	

## WHAT DOES YOUR SCORE MEAN?

A ROUGH GUIDE

### Scores of 0 – 3

You're a sensible drinker who knows their limits – up to 2–3 units a day for women and up to 3–4 units for men – well done!

### Scores of 3 – 8

You're pushing your limits or drinking considerably more than recommended. This could affect your long-term health and you're probably feeling some of the negative effects of alcohol. Such as:

- A lack of energy
- Insomnia
- High blood pressure
- Relationship Problems
- An increased amount of injuries
- Depression/stress
- Impotence
- Memory loss

If this is the case you should think about your drinking and try to keep tabs on it. Here are some ways you can reduce your alcohol intake:

- Drink water or soft drinks between alcoholic drinks so you don't get dehydrated and ill. You want a good night and to remember it. Re-hydrating will help.
- Try not to drink in rounds. Not only do you tend to spend more, you also tend to drink more.

- Take out a set amount of money and no credit/debit cards. Partly so you don't spend all your money, but mainly so that you can keep control over how much you drink.

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

- Try drinking lighter drinks, e.g. Fosters instead of Stella. One pint is not the same as another. The alcohol content in Stella, for instance, is greater than in Fosters.

- Try not to go out too often with friends who drink heavily. This will reduce temptation to drink as well as break negative routines.

If you feel things are still a problem for you, contact a local or national agency for advice and support. There some numbers on this leaflet that will help with your drinking.

### Scores of 8 and above

You appear to be drinking way above recommended limits on a regular basis and are risking heart and liver disease. Visit your GP for advice or get in touch with a support agency to tackle your alcohol issue. Don't stop drinking completely before seeking support as this can be damaging to your health and cause serious side effects.