**Lower Risk Drinking for adult men and women**

Drink no more than 14 units weekly. Include several days alcohol free days each week. Drink sensibly on days you do drink (e.g. avoid drinking more than 2 or 3 units on days you drink).

**Effects:**
- Possibly an acceptable level of risk for many people, but any alcohol use can cause harm.
- Increased relaxation
- Sociability

**The more you drink, the higher the risks of:**
- Physical and mental fatigue
- Memory problems
- Relationship problems
- Insomnia (poor sleep)
- Anxiety
- Depression
- Impotence
- Alcohol dependency
- High blood pressure
- Heart disease
- Liver disease
- Cancer

Risk progressively increases when a person regularly exceeds the lower risk weekly guidelines.

The type of harms that can occur are indicated to the right. Some people may be susceptible to harmful effects at very low levels of consumption.

Using alcohol alongside other drugs can also increase the risk of harm.

This leaflet has been adapted from an earlier version originally developed by Newcastle University. It is to help you think about how you might benefit from reducing alcohol use, and provide ideas to help you to reduce your drinking to a lower risk level.

There are times when you will be at higher risk of harm after only one or two units. For example, when operating machinery, driving a motor vehicle or if using certain medications or drugs.

If you are pregnant, you are advised not to drink at all, as even very small amounts can cause serious harm to the developing baby.
**Plan ahead**

- When bored or stressed, have a work out instead of drinking
- Avoid going to the pub after work
- Non drinking activities should be planned for times you would otherwise be drinking
- Don’t spend too much social time with heavy drinkers
- Keep to lower risk levels
- Relax and de-stress with a warm bath rather than using alcohol
- Avoid buying rounds when in a group
- Find a lower strength drink
- Try to avoid drinking on an empty stomach
- Set yourself daily limits to stay within 14 units over a week and try quenching thirst with non alcoholic drinks – alcohol actually dehydrates you!

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**Target**

**No more than 14 units weekly**

Including several alcohol free days each week

Avoid drinking more than 2 to 3 units on days You do drink.

**Remember,**

there is no safe level of drinking.

For more information on the new guidelines visit: