

# ONE YOU Think about your Drink

HAVE A WORD

Delivered by



## WHAT'S YOUR SCORE?

QUESTIONS	SCORING SYSTEM				
	NEVER	MONTHLY OR LESS	2-4 TIMES PER MONTH	2-3 TIMES PER WEEK	4+ TIMES PER WEEK
How often do you have a drink containing alcohol?	0	1	2	3	4
How many units do you drink on a typical day when you are drinking?	0-2	3-4	5-6	7-9	10+
How often have you had 6 or more units if female, or 8 or more if male, on a single occasion in the last year?	NEVER	LESS THAN MONTHLY	MONTHLY	WEEKLY	DAILY OR ALMOST DAILY
	0	1	2	3	4

1 UNIT =



1/2 pint of beer

or



1/2 glass of wine

or



1 single shot of spirit

YOUR TOTAL

CHECK BELOW TO FIND OUT YOUR RESULTS



0 1 2 3 4 5 6 7 8 9 10 11 12

### SCORED 0-4?

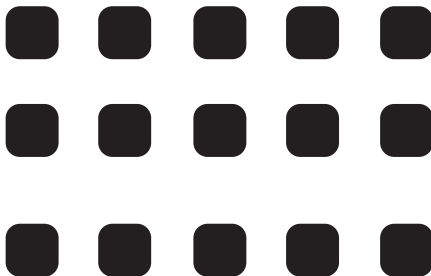
Congratulations! Your drinking is at low-risk for health harm. Keep it up!

### SCORED 5-10?

You may be drinking at a level that could put your health at risk. A few small changes could make all the difference.

### SCORED 11 OR 12?

It may be worth speaking to your GP about your score. Take this scratch card with you and ask for some advice. Or, you could call Drinkline.



## SCORED 11 OR 12?

Speak to your GP or call

**Drinkline 0300 1231110**

Mon-Fri 9 am - 8 pm, weekends 11 am - 4 pm

or your local specialist service

Drinkline offers the following services:

- ➔ Information and self-help materials
- ➔ Help to callers worried about their own drinking
- ➔ Support to the family and friends of people who are drinking
- ➔ Advice to callers on where to go for help

## For more info on how to cut down your drinking visit:

One You

<https://www.nhs.uk/oneyou>

NHS Choices

<http://www.nhs.uk/Livewell/alcohol/Pages/Alcoholhome.aspx>

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WORD

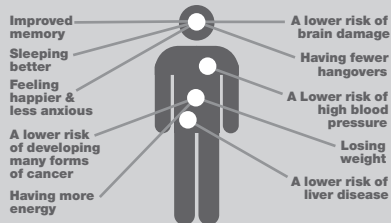
## GUIDELINE

- ➔ Men and women are advised not to regularly drink more than 14 units a week

## SMALL CHANGES = BIG BENEFITS

- ➔ Have drink free days every week
- ➔ Keep track of how much you drink

## REDUCE THE RISK



## SWAP YOUR USUAL DRINK FOR A...

- ➔ Smaller one
- ➔ Lower strength one
- ➔ Non-alcoholic drink

**ONE YOU**

  
Public Health  
England

Protecting and improving the nation's health