**WHAT’S YOUR SCORE?**

<table>
<thead>
<tr>
<th>QUESTIONS</th>
<th>SCORING SYSTEM</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>NEVER</td>
</tr>
<tr>
<td>How often do you have a drink containing alcohol?</td>
<td>0</td>
</tr>
<tr>
<td>How many units do you drink on a typical day when you are drinking?</td>
<td>0-2</td>
</tr>
<tr>
<td>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?</td>
<td>0</td>
</tr>
</tbody>
</table>

**1 UNIT=**
- 1/2 pint of beer
- 1/2 glass of wine
- 1 single shot of spirit

**TO FIND OUT YOUR RESULTS**

**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

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

- Improved memory
- Sleeping better
- Feeling happier & less anxious
- A lower risk of developing many forms of cancer
- Having more energy
- A lower risk of brain damage
- Having fewer hangovers
- A lower risk of high blood pressure
- Losing weight
- A lower risk of liver disease

SWAP YOUR USUAL DRINK FOR A...

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

Have a Word

Public Health England

Protecting and improving the nation’s health