



## Drink?

“if you think you might be drinking too much – or you know someone who is – this leaflet is for you...”

**It will help you decide whether you need to stop drinking, cut down or perhaps get advice.**

## UNITS OF ALCOHOL

\*\*\*\*\*SEE DIAGRAMS\*\*\*\*\*

### **There is a limit!**

Remember if you are drinking in the danger/harmful categories, you may experience alcohol-related problems.

### **Alcohol – a mood altering drug**

- Alcohol is a mood altering drug. It changes how we feel. It may be used to let us express feelings, mask feelings, avoid feelings.
- The more you drink, the greater the risk.
- Drinking too much can damage your health and cause problems with work, family and friends.
- Protect yourself. Keep a count of how many units of alcohol your drink contains.
- By spreading your drinking over the week, women can generally drink 14 units and men 21 units without harming their health.
- If you are drinking too much or are concerned about your drinking, contact your local alcohol counselling service or your GP.

### **Is drinking a problem for you?**

Do you frequently drink more than you intended?

Do you crave and/or think about drinking a lot of the time?

Do you drink to escape your worries or troubles?

Do you feel guilty about your drinking?

Is your drinking causing a problem in any area of your life?  
e.g. Relationships, Finances, Work & Health?

Does anyone complain regularly about your drinking?

If you find yourself answering yes to two or more of these questions, you can easily have a check-up in order to prevent serious problems developing.

**IF YOU ARE WORRIED ABOUT YOUR DRINKING, THE SOONER YOU ASK FOR HELP THE BETTER**

**Remember!**

- Starting to accept that alcohol is – or could become - a problem in your life is stage one in getting help.
- You don't need to tackle a drinking problem on your own.
- Even if you have tried unsuccessfully in the past, give yourself another chance.
- Do contact your local alcohol and addiction counselling service or your GP for confidential help and advice.

Here's to **your** life and **your** health!

**Alcohol Services**

Contact your Health Board for information on local Alcohol and Addiction Services.

Other sources of help

Alcoholics Anonymous  
109, South Circular Road,  
Dublin 8.  
Tel: 4538998

Hours	Mon-Fri	9.30-1.00pm 2.00-5.30pm
-------	---------	----------------------------

Closed all day Saturday and Sunday