

Where can I go for help?

Ballyfermot Advance: Individual support and drop-in.	(01) 6238001
Ballyfermot Star: Individual and family support, childcare service, CE Scheme.	(01) 6238002
BSII: Individual and family support, information and drop-in.	(01) 6267041
Fusion CPL: Individual and group support, employment and education support.	(01) 6231499
Familibase: Child and family support, young persons substance misuse service and childcare support.	(01) 6546800
JobPlan: Individual and group support, employment guidance.	(01) 6235612
Matt Talbot: CE Scheme - Individual and group support, training and education.	(01) 6264899
Liberty: CE Scheme - Individual and group support, training and education.	(01) 4193999
HSE: Primary health care services, GP, Public Health Nurses.	07669 56000 Ballyfermot Primary Care Centre

Useful websites: www.askaboutalcohol.ie • www.alcoholicsanonymous.ie
www.services.drugs.ie • www.smartrecovery.ie

Do You Drink Alcohol?



Low Risk Alcohol Guidelines

Weekly low risk guidelines should not be consumed in one sitting. Consuming more than 6 standard drinks in one sitting is defined as binge drinking which can greatly increase your risk of injury, depression, stress and memory loss. These limits do not apply to teenagers or to people who are ill, or taking Medication.

THERE ARE NO SAFE ALCOHOL LIMITS DURING PREGNANCY.

Did you know?:
1 standard drink contains 10g of pure alcohol



...and some drinks are more than 1 standard drink



ARE YOU AT RISK FROM ALCOHOL?

Risk	Men	Women	Common Effects
LOW RISK	17 standard drinks or fewer per week with two alcohol free days.	11 standard drinks or fewer per week with two alcohol free days.	<ul style="list-style-type: none"> Increased relaxation Sociability
INCREASED RISK	18 to 40 standard drinks per week.	12 to 28 standard drinks per week.	<ul style="list-style-type: none"> Less energy Depression/stress Insomnia Impotence Risk of injury High blood pressure
HIGH RISK	41 or more standard drinks per week.	29 or more standard drinks per week.	All of the above and... <ul style="list-style-type: none"> Memory loss Risk of liver disease Risk of cancer Risk of alcohol dependence

Be Informed

Alcohol can have a negative impact on your mental and physical health. The risks are greater the more you consume.

Stay safe

- Stay within the safe drinking guidelines.
- Be aware of the risks of getting drunk: hangover, injury, embarrassment and un-safe sex.
- Try not to drink when you are angry, sad or confused as it's likely to make matters worse.
- Never drink and drive.

Ask yourself

- Am I drinking more than the safe guidelines?
- What effect has my drinking had on me over the past year? (be honest).
- How is my alcohol use affecting the people around me?

If you need to talk to someone

- Speak with your GP, Practice Nurse or Public Health Nurse.
- Contact one of the services listed in this brochure.

Information provided with thanks

Ruth Armstrong, HSE Project Manager for National Screening and Brief Intervention Project