



What is one standard drink?



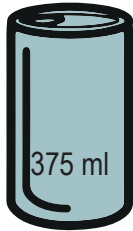
Full strength beer



Spirits



Port or fortified wine



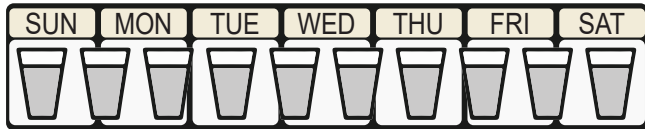
Mid strength beer



Wine



Know your limits



No more than 10 standard drinks per week



No more than 4 on any single occasion



Do not drink alcohol if you are pregnant or breastfeeding

Drink less to reduce harm from alcohol. For some people it is safer not to drink at all.



Want help?



Speak to your doctor

Contact DirectLine

Confidential Counselling, Referral & Support 24hrs



1800 888 236



Telephone interpreter services available



www.directline.org.au

Contact Turning Point

Live online counselling



www.counsellingonline.org.au

Alcohol and your health

Learn about your limits, how to drink less, and where to get help



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How alcohol harms your health



- Depression
- Stroke
- Anxiety
- Alcohol dependence
- Dementia



- Mouth cancer
- Throat cancer



- High blood pressure
- Heart disease



- Breast cancer



- Liver cancer
- Liver disease



- Diabetes



- Digestive problems
- Colon cancer



- Unintended pregnancy
- Miscarriage
- Still birth
- Foetal alcohol spectrum disorder



- Sexually transmitted infections

Benefits if you reduce or quit



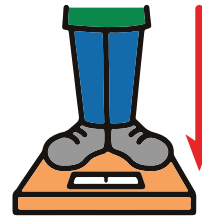
Better sleep



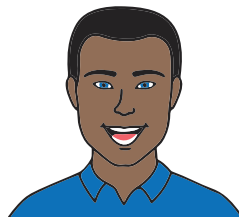
Improved memory



More Energy



Lose weight



Improved mood



Improved relationships



No hangovers



Save money



How to reduce or quit



Plan activities at times you would normally drink. This helps if you are bored or stressed



Don't go to pub after work. Try other social activities instead



Eat before you drink alcohol



Avoid drinking in rounds or large groups and spending time with heavy drinking friends



Drink non-alcoholic drinks before or instead of alcohol



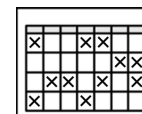
Add a mixer to your drinks



If drinking alcohol, drink slower and take smaller sips



Switch to low alcohol drinks



Plan non-drinking days most weeks to avoid developing a habit