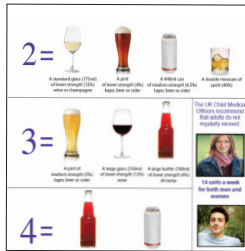


Tips for safer drinking



Make sure you understand units and how to stay within safe limits.



Reduce your alcohol intake by alternating soft drinks or water with each alcoholic drink.



If a friend becomes ill from drinking, stay with them and look after them. Call an ambulance if they become unconscious.



Eat before you go out to slow the absorption of alcohol into the blood stream.



Don't mix alcohol and drugs. You don't know what the effects will be.



Never go home alone or with a stranger.



Plan how you're going to get home before you go out.



Keep valuable possessions out of sight.



If you become angry or wound up, walk away & find a quiet place to calm down.



Don't load up with alcohol before going out. You are more likely to become ill from drinking too much.



Never leave your drink unattended and don't accept drinks from strangers.



Talk to friends about alternatives ways of having fun that don't involve alcohol. Use the money on the cinema, bowling or buying a football.



Be prepared with contraception if there is a chance you might need it.



Look out for your friends and make sure they look out for you. Stay with people you trust.



If you need to cut down on your drinking, seek help by confiding in a parent, teacher or doctor.

Where to go for help

Action on Addiction brings help to those living with addiction and those living with people who suffer problems of addiction.

actiononaddiction.org.uk

We Are With You provides free, confidential support to young people and adults experiencing issues with drugs, alcohol or mental health. It manages more than 120 services in 80 locations in England and Scotland.

wearewithyou.org.uk

Adfam provides information and advice for families of alcohol and drug users. The website has a list of local family support services.

Tel: 0207 553 7640

adfam.org.uk

Childline provides help and advice about a wide range of issues.

Tel: 0800 11 11

childline.org.uk

Drinkline - If you're worried about your own or someone else's drinking, you can call this free helpline, in complete confidence. They can put you in touch with your local alcohol advice centre for help and advice. Tel: 0300 123 1110 (weekdays 9am – 8pm, weekends 11am – 4pm).

The National Association for Children of Alcoholics (NACOA) provides information, advice and support for everyone affected by their parent's drinking.

nacoa.org.uk