

Alcohol



Did you know?

Alcohol is a drug.

It is found in drinks like wine and beer.

Drinking too much can be bad for you - it can make you fatter and can be harmful to your liver, stomach, heart and brain.

You should NOT:

- drink alcohol if you are pregnant.
- drive after you have drunk alcohol.

How much is safe to drink?

	1 unit	1.5 units	2 units	3 units	9 units
UNIT guide					
	Half pint of regular beer/lager	Small glass of wine	Half pint of strong beer/lager	Large bottle/can of strong beer/lager	Bottle of wine
					30 units
	Single spirit shot	Alcopop bottle	Large bottle/can of normal beer/lager	Large glass of wine	
	MEN - Should not regularly drink more than 3-4 units a day (no more than 21 units per week).				
	WOMEN - Should not regularly drink more than 2-3 units a day (no more than 14 units per week).		Medium glass of wine		Bottle of spirits

Who can I talk to?

If you are concerned about drinking alcohol, you should talk to someone. This could be your doctor or contact Lifeline Kirklees on 01484 353333 or 01924 438383.