

ALCOHOL KNOW YOUR LIMITS

SHOULD NOT
REGULARLY EXCEED

MEN	WOMEN
3-4	2-3
UNITS DAILY	UNITS DAILY

The UK Government thinks that men should not regularly drink more than three to four units of alcohol a day, and that women should not regularly drink more than two to three units of alcohol a day. You shouldn't drink more than this because of the damage it can do to your health. If you go over this amount, you should not drink any more alcohol for 48 hours.

If you are a pregnant woman or if you are trying to become pregnant, you should not drink alcohol. If you do decide to drink, you should not drink more than two units of alcohol once or twice a week.

2009-10 429

For more information, please contact:

Safer Communities Team

East Sussex County Council
St Mary's House
6th Floor
52 St Leonards Road
Eastbourne BN21 3UU



For more information and to look at a copy of the East Sussex Alcohol Harm Reduction Strategy, please go to: www.safeineastsussex.org.uk

If you would like a copy of this leaflet in large print, on audio tape or in another language, please contact us.



Have Fun Stay Safe!

Working to reduce the harm
caused by alcohol



What is the East Sussex Drug and Alcohol Action Team (DAAT)?

The East Sussex Drug and Alcohol Action Team is a group of organisations that will work together to reduce the harm caused by drugs and alcohol in East Sussex.

The team is made up of the following organisations.

- East Sussex County Council
- Sussex Police
- NHS
- Sussex Probation Area
- District and Borough Councils in East Sussex

- District and Borough Crime and Disorder Reduction Partnerships
- Her Majesty's Prison Service



How does the East Sussex DAAT help to reduce problems linked with alcohol?

The DAAT has written an 'East Sussex Alcohol Harm Reduction Strategy' which wants the organisations shown above to work together to reduce problems linked with alcohol.

Over the next three years the DAAT will focus on the following four areas to deal with alcohol problems.

• Young people

Preventing people under 18 years old getting alcohol, helping them develop a healthy and positive attitude to alcohol, and making sure they know where they can get help and advice about alcohol.

• 18-24-year-old binge drinkers

Making night-time social activities safer and helping people to drink sensibly so they do not become a victim of crime or commit a crime or antisocial behaviour.

• Harmful drinkers

Helping harmful drinkers reduce how much they drink so they can improve their mental and physical health.

• Families and carers

Developing ways of helping and supporting families who are affected by alcohol.



What help can I get if someone is drinking too much alcohol?

If you or someone you know is drinking too much, there is lots of help and advice available.

If you want to find out more about how many units there are in different drinks, go to www.drinking.nhs.uk

If you or someone you know has a problem with alcohol, you can get help from Action for Change.

Phone: 0300 1112470

Website: www.action-for-change.org



If you are a parent or carer and you are worried about your child and their drinking, you can get help and advice from your local under-19 substance misuse service on 01323 841470.

**Drinkline (24 hour national alcohol helpline)
Phone: 0800 9178282**



Know Your Limits