

KNOW YOUR LIMITS

Drinking too much alcohol not only puts your physical health at risk but also your mental health.

One of the main reasons for drinking alcohol is to change our mood or to ease feelings of stress, anxiety and depression. Alcohol can temporarily alleviate feelings these feelings and it can also help to temporarily relieve the symptoms of more serious mental health problems.

This is often why people with mental health problems drink, but it can make existing mental health problems worse.

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WHAT ARE THE GUIDELINES?

Pregnant women:
no drinks advised during pregnancy.

Dependant drinkers:
no drinks are safe, but before stopping, seek advice from a specialist alcohol worker or your GP.

Men

- 4 units or less daily
- 21 units or less weekly
- 2 alcohol free days a week

Women

- 3 units or less daily
- 14 units or less weekly
- 2 alcohol free days a week

HOW MUCH IS TOO MUCH?

Your pocket guide to safer drinking

2gether
Making life better

2gether NHS
NHS Foundation Trust

How does drinking affect my moods and mental health?

When we have alcohol in our blood, our moods and behaviours change. These changes depend on how much and how quickly we drink. Alcohol depresses the central nervous system and this can make us behave differently. It helps numb our emotions, so we can avoid difficult issues in our lives.

Alcohol can also reveal or magnify our underlying feelings. This is one of the reasons that some people become angry or aggressive when drinking. If our underlying feelings are of anxiety, anger or unhappiness, then alcohol can magnify them.

The Chief Medical Officer recommends that the maximum safe alcohol limit for a man is 3-4 units per day and 2-3 units for a woman.

Our handy pocket guide is a quick reminder of recommended limits and what constitutes a unit of alcohol. Cut it out and keep in a safe place.

Many people overindulge and drink too much at this time of year.

Did you know that most people who experience alcohol related health problems aren't addicted to drinking. They are simply people who have regularly drunk more than the recommended guidelines over a number of years.

If you are concerned about your mental wellbeing, please speak with your GP.

WHAT CONSTITUTES A UNIT?

A pint of 4% strength beer, lager or cider	2 units
A pint of 5.3% or above strength beer, lager or cider	3 units
A 440ml can of 4.7% of beer, lager or cider	2 units
A 440ml can of 9% beer, lager or cider	9 units
A bottle of alcopop (4.7%)	1.5 units
One single 25ml measure of spirits (38% to 40%)	1 unit
One 175 ml glass of wine (12%)	2 units
One bottle of wine (12%)	9 units