

BE DRINK AWARE

FACTS AND FIGURES

Over 10 million

people in UK drink at levels that increase risk of health harms



400%

increase in **liver disease** among people in UK since 1970

54 years

average age of death from an alcohol-specific cause

14 units

of alcohol is the recommended weekly limit for men & women



This is equivalent to **6 pints** or **1.3 bottles of wine**



Alcohol is leading risk factor in people aged 15-49 for

- ill health
- early mortality
- disability



2 days
a week not drinking reduces risk from drinking

HELP AND ADVICE

- You may be drinking more alcohol than you realise. Regularly drinking more than the recommended daily limits for alcohol risks damaging your health.
- You don't need to get drunk or binge drink to put your health at risk. Everyone has a different tolerance level, so don't try to keep up with your friends. Even a small reduction in the amount of alcohol you're drinking can make a difference to your risk.
- Alcohol puts you at risk of gaining weight, reducing quality of sleep, feeling tired, high blood pressure, liver problems, heart attack and some types of cancer. It can make you vulnerable to accidents & injuries and can impact on relationships with friends & family and your mood & mental health.
- **Make it a smaller one or a lower percentage** – try smaller size drinks like bottles of beer over a pint or a small glass of wine instead of a large. Swap stronger beers or wines with lower strength. Check strength by finding the alcohol by volume in percentage (%) on the packaging.
- **Set a budget and make a plan** - limit how much you are drinking and how much you are spending on alcohol.
- **Let family & friends know** - that you are cutting down so that they can support you.

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BARNET
LONDON BOROUGH

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LOCAL SERVICES AND ONLINE SUPPORT

Service	Type	Description	Details
Change Grow Live Barnet - Barnet Drug and Alcohol Services	<ul style="list-style-type: none"> ▪ Online ▪ Email ▪ Phone ▪ Face-to-face 	<p>Provides services for adults and young people, who have problems with alcohol or drugs, along with their families and carers.</p> <p>Barnet residents can access a full range of services, from advice through to structured treatment programmes and residential treatment if necessary.</p>	<p>Change Grow Live Barnet, Ground Floor, Dennis Scott Unit, Edgware Community Hospital, Burnt Oak Broadway, Edgware, HA8 0AD (Mon-Fri 09:30-17:00)</p> <p>Phone: Adults - 0300 303 2866</p> <p>Email: General enquiries Barnet.info@cgl.org.uk Confidential info: barnet.info@cgl.cjsm.net</p> <p>Website: www.changegrowlive.org/barnet</p>
DrinkCoach	<ul style="list-style-type: none"> ▪ Online 	An online alcohol drinking level test and online coaching with alcohol treatment specialists.	<p>Website: www.drinkcoach.org.uk/barnet-alcohol-test</p>
Addiction Helper	<ul style="list-style-type: none"> ▪ Online ▪ Email ▪ Phone ▪ Face-to-face 	Can provide referrals or signposting to paid treatment/rehabilitation centres	<p>Email: info@addictionhelper.com</p> <p>Phone: 0800 915 9401 or 0203 131 8343</p> <p>Website: www.addictionhelper.com</p>
Drinkline	<ul style="list-style-type: none"> ▪ Phone 	The Drinkline service provides free, confidential, accurate and consistent information and advice to callers who are concerned about their own or someone else's drinking regardless of the caller's age, gender, sexuality, ethnicity or spirituality.	<p>Phone: 0300 1231110</p> <p>Open Mon-Fri 9am - 8pm, weekends 11am - 4pm</p>
Alcoholics Anonymous	<ul style="list-style-type: none"> ▪ Online ▪ Face-to-face ▪ Phone ▪ Email 	Come together with others to share experience, strength and hope to solve a common problem and help others to recover from alcoholism.	<p>Website: www.alcoholics-anonymous.org.uk</p> <p>Phone: Free national helpline 08009177650</p> <p>Email: help@aamail.org</p>

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