



Alcohol Awareness Month

November is **Alcohol Awareness Month** – a good time to consider your drinking habits.

Did you know?

- The NHS now advises that there is no 'safe' drinking level.
- If you drink less than 14 units a week, this is considered low-risk drinking.
- It's called "low risk" rather than "safe" because there's no safe drinking level.
- The type of illnesses you can develop after 10 to 20 years of regularly drinking more than 14 units a week include:
 - cancers of the mouth, throat and breast
 - stroke
 - heart disease
 - liver disease
 - brain damage
 - damage to the nervous system
 - There's also evidence that regular drinking at high-risk levels can make your mental health worse.

The effects of alcohol on your health will depend on how much you drink. The less you drink, the lower the health risks.¹

The www.drugsandalcoholni.info website is full of information and support including an anonymous alcohol test to help you determine the impact that alcohol may be having on your health and wellbeing. Click the image below to take the test. You can also visit [B Well Positive Choices Alcohol](#) for information including a unit calculator.

The graphic is a promotional poster for 'The Alcohol Test'. At the top left, it says 'THE ALCOHOL TEST' in white on a grey background. To the right is the 'drugsandalcoholni' logo with the tagline 'Addressing drugs and alcohol together'. Below this, on a teal background, is the question 'Is your drinking putting you at risk?'. The main body of the poster is white and contains text: 'Most adults who live in Northern Ireland drink some alcohol. Many drink at a level that does not put their health at risk, and if you drink, you may think you are one of them.' To the right of this text is a large purple speech bubble containing a red octagon with the number '14' and the text 'NO MORE THAN' above it. The speech bubble border contains the text 'MEN AND WOMEN SHOULD DRINK NO MORE THAN 14 UNITS'. At the bottom right is the 'HSC Public Health Agency' logo. The top right of the graphic features an illustration of various alcoholic drinks like beer, wine, and spirits.

¹ <https://www.nhs.uk/live-well/alcohol-support/the-risks-of-drinking-too-much/>