

## Alcohol

### Tips

- Start with water or soft drinks
- Sip your drinks
- Choose light beer.
- Put drink down between sips – at a distance so you have to reach for it.
- Stay out of shouting rounds
- Don't drink on an empty stomach
- Set a limit to your drinking time
- Combine drinking with other **activities**, e.g. cards, pool etc
- Refill your own glass
- No topping up glasses
- Have one or two alcohol free days per week.
- Don't keep alcohol in the house.

### Services

- Alcoholics Anonymous Phone: (03) 9600 4511 <http://www.alcoholicsanonymous.org.au/>
- Turning Point 1800 888 236 - 24 hour counselling line for alcohol or other drugs. <http://www.turningpoint.org.au/> has a lot of information and on line counselling.

### Assess your risk

<http://www.therightmix.gov.au/pdfs/AlcoholScreen.pdf> from the department of veteran affairs but perfectly general

or <http://alcohol.turningpoint.org.au/index.php?sid=53659> or click

the "Worried about your drinking ... questionnaire at the right of <http://www.turningpoint.org.au/>

### Standard drinks guide

<http://www.therightmix.gov.au/sdg.asp>

[http://www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/drinksguide-cnt/\\$File/drinksguide.pdf](http://www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/drinksguide-cnt/$File/drinksguide.pdf)