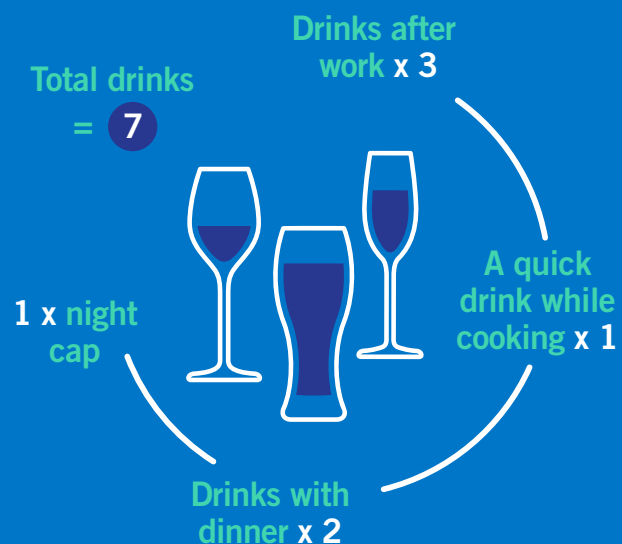
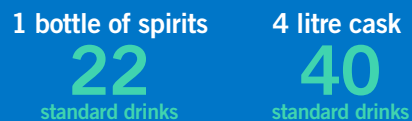
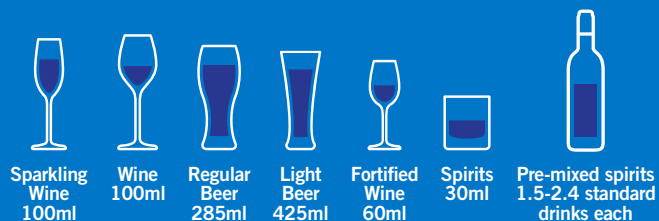


Drinking can add up without you realising



How much are you actually drinking?

One standard drink contains 10g of alcohol



What can you do?

If you feel like you are experiencing problems related to your drinking there is help and support out there.

- Talk to your doctor or nurse to see if you are at risk of alcohol related harms
- Complete a short survey to screen for alcohol risk
- Monitor your alcohol intake (with your doctor or with an alcohol calculator tool (see below))
- Implement the strategies your health professional advises
- See a specialist if advised by your doctor

Self help resources:

Standard Drinks Calculator:
drinkwise.org.au

Alcohol & Drug Services:
betterhealth.vic.gov.au / ReachOut.com

Telephone counselling service:
DirectLine (VIC) 1800 858 858
(NSW) 1300-806-258

Alcohol Support App:
www.hellosundaymorning.org/daybreak



Change your drinking habits. Speak with your doctor or nurse today or visit riskydrinking.com.au

This activity is supported by funding from the Australian Government under the PHN Program.



Is your drinking catching up with you?

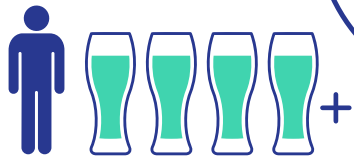


An Australian Government Initiative

Excessive Drinking is:



More than 2 standard drinks per day



More than 4 standard drinks per day



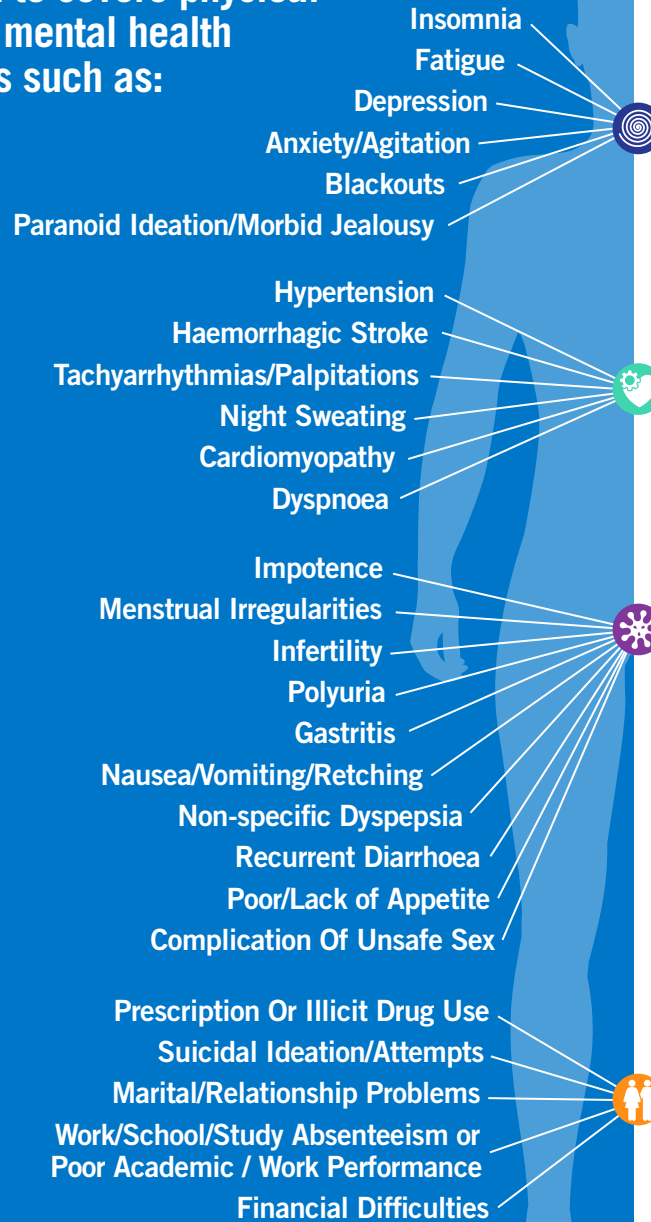
- Drinking in excess or binge drinking can become a problem
- A 'couple' of drink can add up to 7 or more 'standard' drinks
- Drinking more than what is recommended can impact physical and mental health as well as social and family life

Risky drinking can fly under the radar as you might just see it as 'normal' drinking behaviour:

- A drink when you get home
- A drink while you prepare dinner
- A couple of drinks during dinner
- A drink to 'relax' before bed
- A 'big' weekend (binge drinking)

This drinking behaviour should not be 'normal'. It can lead to alcohol related harms.

Excessive drinking can lead to severe physical and mental health risks such as:



Top 5 causes of alcohol-attributable deaths*



Breast Cancer

18%

Liver Disease

15%

Haemorrhagic Stroke

10%

Bowel Cancer

10%

Lower Respiratory Infections

09%



Liver Disease

18%

Bowel Cancer

10%

Oesophageal Cancer

8%

Oropharyngeal Cancer

6%

Suicide

6%

In the Murray PHN region:

Alcohol related deaths are

33% above the Victorian average

Alcohol related assaults are

26% above the Victorian average

*Source: National Alcohol Indicators report by the National Drug Research Institute <https://www.sbs.com.au/news/alcohol-related-disease-claims-6000-lives>