

3 simple questions to start a conversation about alcohol use:

1 How often do you drink alcohol?

2 How many drinks would you have when you are drinking?

3 How often would you have more than 3 drinks?

DO AN ALCOHOL AUDIT

Risky Drinking.

How does the patient's 'drink' compare to a 'standard' drink?

One standard drink contains 10g of alcohol



phn
MURRAY

An Australian Government Initiative



AUSTRALIAN
Primary Mental Health
Alliance

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

FOR MORE INFO:

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

riskydrinking.com.au