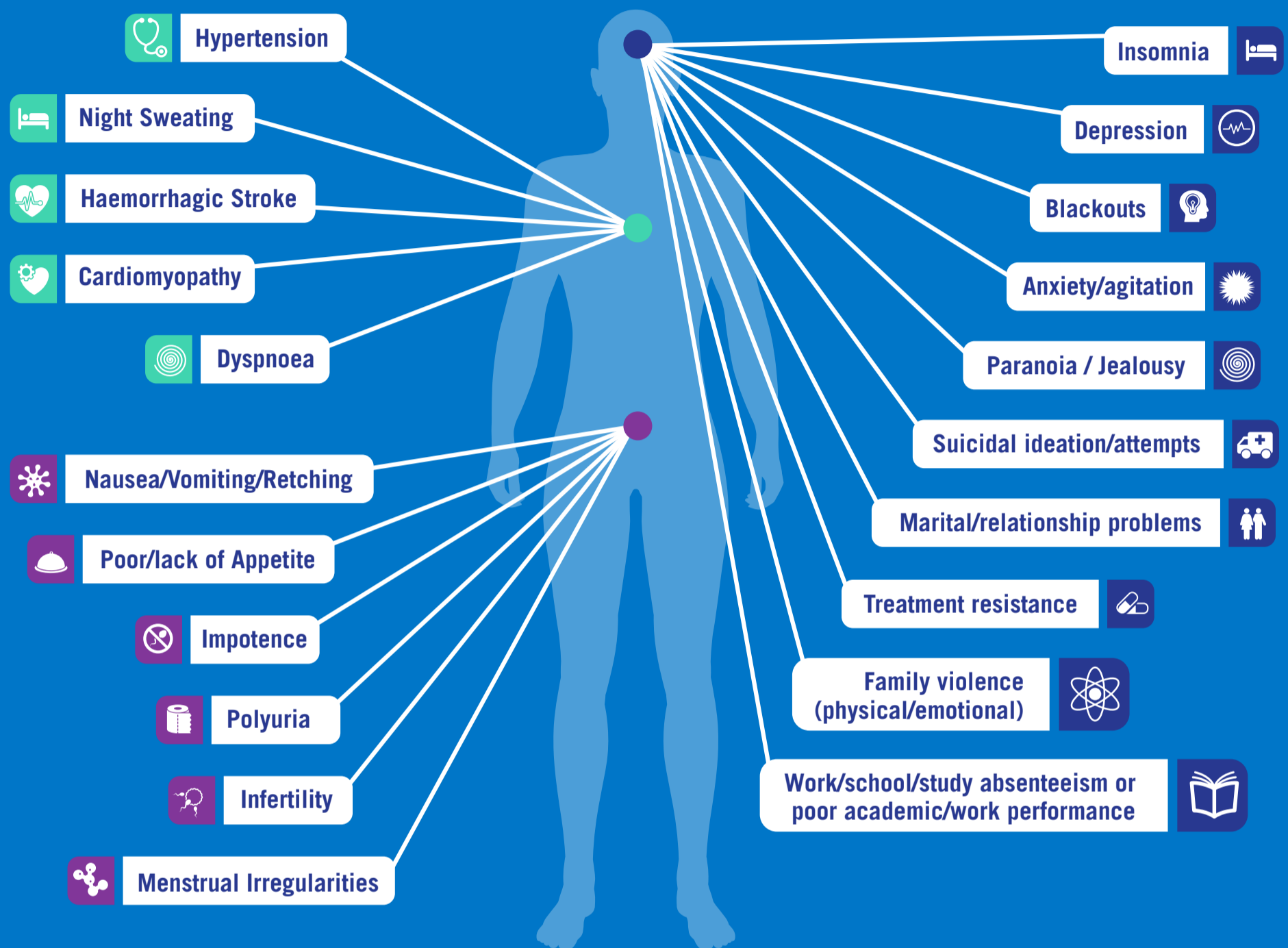


Risky Drinking.

Drinking too much costs more than just money



Excessive Drinking is:



More than 2 standard drinks per day



More than 4 standard drinks per day

An average glass of wine or champagne is 150ml which is 1.4-1.6 standard drinks

DID YOU KNOW

One standard drink contains 10g of alcohol

Sparkling Wine 100ml	Wine 100ml	Regular Beer 285ml	Light Beer 425ml	Fortified Wine 60ml	Spirits 30ml	Pre-mixed spirits 1.5-2.4 standard drinks each

Drinking more than what is recommended as a safe level can be harmful to your physical and mental health and affect social and family life. Speak to your doctor today about how you can reduce your alcohol intake or visit riskydrinking.com.au.

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



An Australian Government Initiative

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