

DRINKING *less* ALCOHOL



How much is too much?

While there is no safe level of drinking, alcohol consumption at harmful levels can cause unwanted effects such as:



Injury



Liver or
brain
damage



Heart
disease



Some
cancers



Weight
gain



High
blood
pressure

Tips to reduce the risk of drinking:

- Set your own limits and stick to them
- Drink slowly
- Drink from a small glass
- Know exactly what you are drinking
- Try low-alcohol or alcohol-free alternatives
- Eat before and while drinking
- Avoiding getting into 'rounds' and 'shouts'
- Avoid 'top-ups'

There are many free alcohol support services across NSW.

Head to yourroom.health.nsw.gov.au/ to find out more.

Did you know that a line on a beer or wine glass is usually a standard pour at a bar or restaurant, not a standard drink?