

Support Services

Would you like more information? Speak to any of the following organisations:

Your local GP/nurse practitioner

Make an appointment to speak to your GP and/or Nurse Practitioner.

Alcohol and Drug Information Service (ADIS)

24 hour Information and Support for callers

Phone **(08) 9442 5000** or Country toll-free **1800 198 042**

This is a free and confidential service provided by trained professionals and is available 24 hours a day, 7 days a week. No one needs to know you have called for advice, assistance or support. Your information will not be given to anyone.

Parent Drug Information service (PDIS)

24 hour Information and Support for callers

Phone **(08) 9442 5050** or Country toll-free **1800 653 203**

The Parent Drug Information Service is a confidential, non-judgemental, 24 hour/7 days week helpline for families and carers seeking help for alcohol or other drug use. All calls are confidential.

South West Community Alcohol and Drug Service (CADS)

This organisation provides fully confidential tobacco, alcohol and other drug support services by trained professionals. They are located at 109 Beach road, Bunbury WA 6230 and can be contacted on **(08) 97219256** to make an appointment in Manjimup, Bridgetown and Bunbury.

Al-Anon Family Groups

Phone: **1300 ALANON** or **1300 252 666** (for the cost of a local call)

To help families and friends of alcoholics recover from the effects of living with someone whose drinking is a problem.

Alcoholics Anonymous

A fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from alcoholism.

Phone: **(08) 9325 3566** or **1300 22 22 22**

Southern Forests

ALCOHOL HEALTH CHECK

Reduce your risk of alcohol-related harm

Alcohol-related disease and ill-health is often associated with what is commonly referred to as 'heavy drinking'. But you should be aware, anyone that regularly drinks more than 2 standard drinks per day is at higher risk of longer term health conditions.

The National Health Medical Research guidelines (NHMRC) recommend drinking no more than 2 standard drinks on any one day which reduces the lifetime risk of harm from alcohol related disease or injury including:

- cancer (bowel, breast, throat, mouth, liver)
- liver disease
- cardiovascular disease
- stroke

What is a standard drink?

It is important to understand what a standard drink is so that when you are drinking you can manage how much alcohol you consume. This can help you look after your health and stick to the National Health and Medical Research Council (NHMRC) guidelines.



Source: National Health and Medical Research Council

Complete the test on the next page to assess if your drinking habits are putting you at risk.

Assess your drinking patterns

Answer these 10 quick questions to do your own personal alcohol audit on your alcohol use during the past 12 months. Then discover what your score really means by checking out the audit score card on the next page.

Feel free to bring in your score card into see your doctor or nurse practitioner to talk about your level of risk.

Alcohol Audit Tool

Please 'Circle' one box that best describes your answer to each question.

Questions	0	1	2	3	4	Score
1. How often do you have a drink containing alcohol?	Never	Monthly or less	2-4 times a month	2-3 times a week	4 or more times a week	
2. How many standard drinks containing alcohol do you have on a typical day when you are drinking?	1 or 2	3 or 4	5 or 6	7 to 9	10 or more	
3. How often do you have six or more standard drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
4. How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
5. How often during the last year have you failed to do what was normally expected of you because of drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
6. How often during the last year have you needed a drink first thing in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
7. How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
8. How often during the last year have you been unable to remember what happened the night before because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
9. Have you or someone else been injured because of your drinking?	No		Yes, but not in the last year		Yes, during the last year	
10. Has a relative, friend, doctor or other healthcare worker been concerned about your drinking or suggested you cut down?	No		Yes, but not in the last year		Yes, during the last year	
					Total	

- Questions 1 - 8 are scored as 0, 1, 2, 3 or 4
- Questions 9 and 10 are scored as 0, 2 or 4 only
- Add all scores from each question to calculate total AUDIT score

What my AUDIT score means

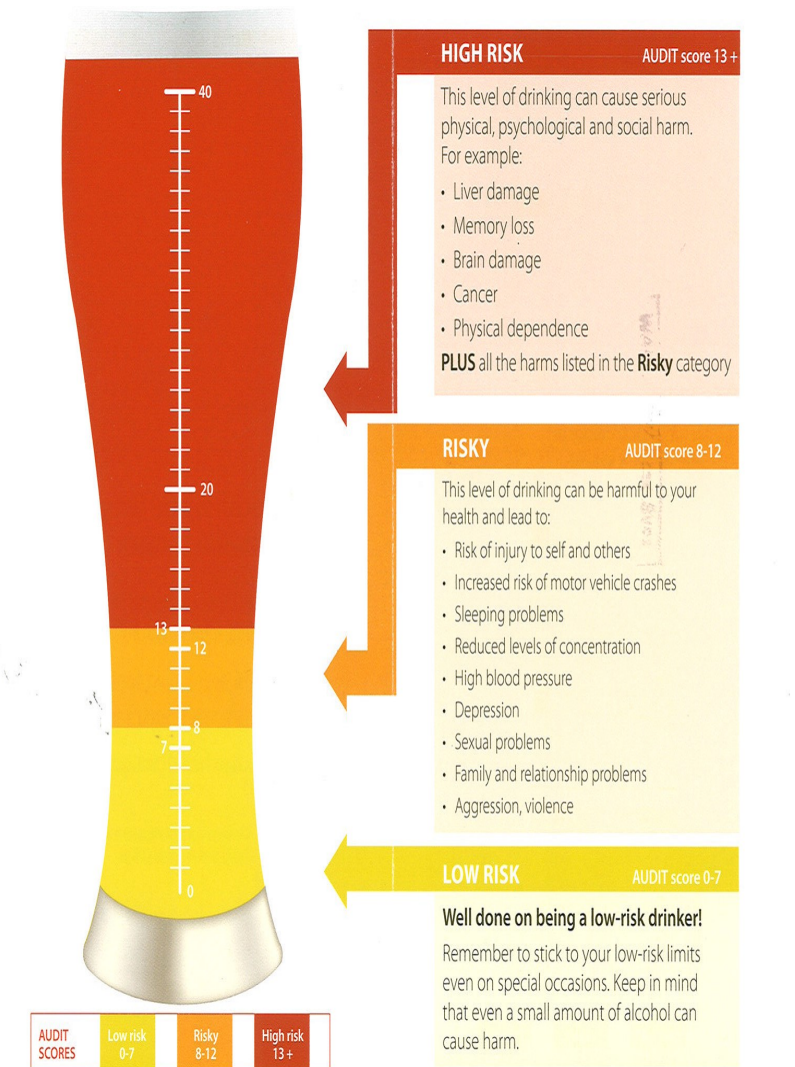
Benefits from reducing alcohol use

- Improves:
 - family life and personal relationships
 - work performance
 - sleep and energy levels
- Save money
- Lose weight
- Reduces risk of:
 - injury to self and others
 - motor vehicle crashes
 - legal problems
 - hangovers
 - brain damage, cancer and high blood pressure
 - memory and concentration difficulties

Tips for low risk drinking

- Eat before you start drinking
- Drink water to quench your thirst and between drinks
- Set yourself a goal to drink less and stick to it
- Switch to low alcohol drinks
- Avoid salty foods
- Don't mix alcoholic drinks
- Avoid rounds or shouts
- Don't allow others to top up your glass

Pregnant women
Not drinking alcohol at all is the safest for your unborn child



HIGH RISK AUDIT score 13+

This level of drinking can cause serious physical, psychological and social harm. For example:

- Liver damage
- Memory loss
- Brain damage
- Cancer
- Physical dependence

PLUS all the harms listed in the Risky category

RISKY AUDIT score 8-12

This level of drinking can be harmful to your health and lead to:

- Risk of injury to self and others
- Increased risk of motor vehicle crashes
- Sleeping problems
- Reduced levels of concentration
- High blood pressure
- Depression
- Sexual problems
- Family and relationship problems
- Aggression, violence

LOW RISK AUDIT score 0-7

Well done on being a low-risk drinker!

Remember to stick to your low-risk limits even on special occasions. Keep in mind that even a small amount of alcohol can cause harm.

If you are concerned about your score or require further information please refer to the support services outlined on the back page of this brochure.