

Alcohol MOT

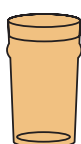
Is your drinking putting you at risk?

Most adults who live in Northern Ireland drink some alcohol. Many drink at a level that does not put their health at risk, and if you drink, you may think you are one of them. To find out for sure, use the alcohol unit guide to answer the three questions below.

Alcohol unit guide



**Pint of beer
(4%)
= 2.3 units**



**Pint of cider
(5%)
= 2.8 units**



**Alcopop
(5%/275ml)
= 1.4 units**



**Can/bottle of beer
(5%/330ml)
= 1.7 units**



**Spirits eg vodka/whiskey
(40%/35ml)
= 1.4 units**



**Bottle of spirits
(40%/700ml)
= 28 units**



**Bottle of wine
(12%/750ml)
= 9 units**



**Small pub bottle of wine
(12%/187.5ml)
= 2.3 units**

Please enter your score for each question and then add up to get your sub-total.

Questions	Scoring system					Your score
	0	1	2	3	4	
How often do you have a drink containing alcohol?	Never	Monthly or less	2-4 times per month	2-3 times per week	4+ times per week	
How many units of alcohol do you drink on a typical day when you are drinking?	1-2	3-4	5-6	7-9	10+	
How often have you had six or more units if female, or eight or more if male, on a single occasion in the last year?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	

Your score for this section

If you are a man and scored four or less, or if you are a woman and scored three or less, you are a low-risk drinker. Aim to keep your drinking at these low levels.

If you are a man and scored five or more, or if you are a woman and scored four or more, your drinking may be putting your health at risk. **Please answer the questions overleaf to find out more.**

Your score from the previous page

Questions	Scoring system					Your score
	0	1	2	3	4	
How often during the last six months 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	
How often during the last six months have you failed to do what was normally expected from you because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last six months have you needed an alcoholic drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last six months have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last six months have you been unable to remember what happened the night before because you had been drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
Have you or somebody else been injured as a result of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
Has a relative or friend, doctor or other health worker been concerned about your drinking or suggested that you cut down?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
					Total	

Your total score

What does your total score mean?

0-7: Low risk – While there are no completely safe levels of alcohol, the amount you drink is low risk. **What can I do?** You could aim to keep your drinking at low risk levels.

8-15: Hazardous – Your drinking is putting you at increased risk of harm, including damage to your physical and mental health. **What can I do?** You could reduce your drinking to a healthier level – this may be as simple as having one less drink a day, or drinking on one less night a week. Alternatively, you could see your GP or a health professional and ask for advice and support.

16-19: Higher risk – Drinking at this level will result in damage to your physical and mental health. You are also at risk of being alcohol dependent. **What can I do?** You could cut down on your drinking or consider stopping, even for a while. Alternatively, you could see your GP or a health professional and ask for advice and support.

20+: Highest risk – Your drinking is seriously harming you and you are likely to be alcohol dependent. **What can I do?** You should see your GP and ask for advice and support, or ask to be referred to a specialist service.

Online information and support

www.knowyourlimits.info Alcohol information – learn more about alcohol and its effects

www.drugsandalcoholni.info Information on local support services – ‘Services Near You’

www.alcoholandyouni.com Online self-help resources and materials

For further information about being referred to a specialist service please contact:

Belfast Health and Social Care Trust Community Addiction Team. Tel: 028 9504 0338