

DRINK SAFER

REACH

DRUG AND ALCOHOL SERVICES

Call us: 0800 043 4656

Follow these steps to help manage your drinking & stay safe on nights out



Decide whether you want to drink.

Do you actually want to drink or do you just feel like you should? Go with how you really feel!

Reduce your intake.

Shorten your window of drinking, skip rounds & have glasses of water between drinks.

Ignore peer pressure.

Don't give in to pressure from others around you to drink or do anything you don't want to.

Non-alcoholic drinks are helpful tools.

Zero percents, soft drinks & mocktails help you stay in control and manage your intake.

Know your limits.

Notice the signs if you start to feel too drunk, out of control & get help if you feel unwell.

Sort your way home.

Before drinking, organise how you will get home safely later on.

Apps can help track your drinking.

Apps like DrinkCoach help you keep track of your drinking and help you reduce.

Find enjoyment in other activities.

Entertain yourself by chatting to people, dancing or playing games.

Eat a decent meal before drinking.

Line your stomach to reduce the effects of alcohol and your chances of being sick.

Refrain from dangerous scenarios.

Don't drink & drive. Avoid other activities that would be dangerous when intoxicated.