You need to count your drinks even if you’re not driving.

Most young people don’t drink on a daily basis, yet often drink heavily once or twice a week which can damage your health.

It is possible to drink at a level which is less risky, while still having fun. There are a number of things you can do to make sure you stay within low risk levels and don’t get to a stage where you are no longer capable of controlling your drinking.

How much you drink is your choice. Here’s some tips to help you make informed choices and help keep your risk of alcohol-related accidents, injuries, diseases and death, low – both in the short and long term.

- Set limits for yourself and stick to them
- Start with non-alcoholic drinks and alternate with alcoholic drinks
- Drink slowly
- Keep an eye on your drink. Don’t leave your drink unattended
- Try drinks with a lower alcohol content
- Eat before or while you are drinking
- If you participate in rounds of drinks try to include some non-alcoholic drinks
- Plan safe transport home

The advice in this brochure does not replace advice from your health care provider.

For more information about the new Australian Guidelines to Reduce Health Risks from Drinking Alcohol go to www.alcohol.gov.au

If you or someone you know needs support and treatment to reduce your alcohol intake, you should contact:

- Your doctor
- Your local community health service
- An alcohol or other drug helpline in your State / Territory:
  - ACT: (02) 6205 4545
  - NSW: (02) 9361 8000 (Sydney)
    1800 422 599 (NSW country)
  - NT: (08) 8922 8399 (Darwin)
    (08) 8951 7580 (Central Australia)
    1800 131 350 (Territory wide)
  - QLD: 1800 177 833
  - SA: 1300 131 340
  - TAS: 1800 811 994
  - VIC: 1800 888 236
  - WA: (08) 9442 5000 (Perth)
    1800 198 024 (WA country)

10/09
A standard drink contains 10 grams of pure alcohol, but the drinks you buy often contain more than one standard drink. There are no common glass sizes used in Australia. The label on an alcoholic drink container tells you the number of standard drinks in the container.