

NO LiMiTS

Helping Young People
Help Themselves

SAFE DRINKING

Tips to help you drink responsibly



Tips for cutting down

For some people, drinking alcohol is a fun outlet in their lives. For others it can lead to problems like spending more than they can afford, missing commitments such as work or education and impacting on their relationships with friends and family.

If you're starting to feel that your alcohol use is not in your control or you're drinking more than you'd like, here are some tips that might help you cut down.

Alcohol free days

The UK guidelines recommend taking two days off from drinking a week. If this is possible for you, think about what else you could do on these days to relax or have fun.



When you allocate the two days in advance, you're more likely to stick to it. Think about whether you could spend some time on a hobby or arrange to see a friend for an activity that's not drinking.

If you're struggling to unwind or find yourself thinking about alcohol on these days, try practising a meditation exercise. You can download free apps for meditation or follow guided meditations on YouTube.



Go smaller

On the days you do drink, try drinking smaller amounts. When you're buying alcohol, try buying less at a time, e.g. pick a smaller pack size or buy a small bottle of wine rather than regular size. Try a lower strength alcohol, such as lighter beers or spirit liquors instead of regular strength beers and spirits. Think about having spritzer or shandy to have less wine/beer per drink.

Push back the time

If you find that you tend to drink in the daytime, think about choosing a time a bit later than the usual time you wait for a drink.



If you are finding that you get cravings for alcohol before this time, see if you can keep busy and distracted. Get out of your current environment and go for a walk, call a friend/family member, watch a film or do some drawing, clean your room or do a workout.



Keep track

Record your drinks in a drink diary as accurately as you can. This way you can see how many drink free days you're having and check if you're drinking in line with the weekly guidance.

It might also help you to spot patterns, e.g. if the weekends tend to be days you drink more, or if it's easier to drink less when you're busier. You can download the MyDrinkaware app to track your drinks.

Tips for safer drinking

The UK guidelines don't recommend 'saving up' your weekly units for a bigger session. However, if you are planning on going on a night out and having a few drinks, there are some things you can do to make it more likely you'll have a good time and stay safe:

On the night

Always stick with friends. Don't wander off alone.



Make sure you've eaten before you go out.

Don't leave your drink unattended or accept a drink from someone you don't know.



Plan how you're going to get home e.g. booking a taxi in advance, having the Uber app on your phone.

Be aware of shots as this means drinking high strength alcohol very quickly.



Alternate alcoholic drinks with soft drinks or water

Don't drive or swim.



Keep your phone charged and location switched on.

The next day

Drink water, eat fresh fruit / drink juice. If needed, take painkillers or antacid.



Don't drive as you could still be over the limit from the night before.

Do you want support with your alcohol use?

DASH

The DASH team at No Limits can help you to manage your alcohol use and they will be flexible to what your needs are.

They will give you information, advice and support around your alcohol use and help you create a plan to cut down and help you change your habits by getting you involved in a range of activities.

Who is DASH for?

DASH is for anyone under 25 living in Southampton postcodes SO14-SO19. If you are over our age limit but live in SO14-SO19, go to Change Grow Live for support. If you are outside of our area, our team can help with signposting you to your local service.

How do I get support from DASH?

- Drop in to our Advice Centre
- Refer online through our website
- Call 02380 224 224 (option 2)



DASH

nolimitshelp.org.uk/drug-and-alcohol-support-hub

Advice Centre

Open six days a week, come down and talk to a trained youth worker about any issue you have, without needing to make an appointment.

Address

13 High Street
Southampton, SO14 2DF

Opening times

Mon 10am-5pm | Tue 10am-5pm
Wed 1:30pm-8pm | Thu 10am-8pm
Fri 10am-5pm | Sat 10am-1:30pm



Advice Centre

nolimitshelp.org.uk/advice-and-wellbeing-hub/advice-centre

More information



Drinkaware

An independent charity giving advice and support, including information around reducing drinking, stopping drinking and help to support someone else.

drinkaware.co.uk



Alcohol Change

A charity offering help, support, information and tools to help you learn about alcohol and manage your drinking.

alcoholchange.org.uk



Better Health

Simple tips, tools and information from the NHS to help you start cutting down today.

nhs.uk/better-health/drink-less



NHS

Information about alcohol, tips on cutting down and advice on getting support.

nhs.uk/live-well/alcohol-advice



