Alcohol Consumption

during the Coronavirus outbreak

This is a stressful and unprecedented period, and in times of stress we can find ourselves drinking more often or more heavily.
Many of our routines have changed, which might make it hard to keep on top of how much we are drinking. There are many negative effects of alcohol, including poorer sleep, increased feelings of stress, anxiety and depression and a lowered immune system.

Alcohol Guidelines

Men and women shouldn't drink more than 14 units per week, over at least 3 days.

This is roughly no more than 6 pints of beer, a bottle and a half of wine or 7 double shots of spirits a week.

It is advised to have at least 2-3 alcohol free days per week.

www.count14.scot or **www.nhsinform.scot/healthy-living/alcohol**

If you have concerns

around your own or another's alcohol consumption you can get support:

Drinkline, a free, confidential helpline.
Call **0300 123 1110** (weekdays 9am–8pm, weekends 11am–4pm).

Alcoholchange.org.uk
Coronavirus hub includes tips and links for managing your drinking and guidance for professionals.

SHAAP
Covid-19 advice for heavy drinkers
www.shaap.org.uk/downloads/reports-and-briefings.html

Support for families

Harmful drinking can cause issues for other household members, including children and young people, such as financial worries, relationship problems, and parenting difficulties.

www.sfad.org.uk/faqs-from-families-about-coronavirus