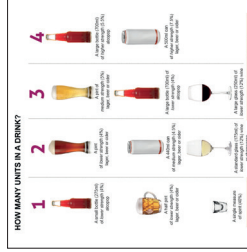


TIPS FOR SAFER NIGHTS OUT



It is important to understand units and how to stay within the safe limits of 14 units spread over the week.



Alternating soft drinks or water with each alcoholic drink will help to reduce overall alcohol intake.



If a friend becomes ill from drinking, stay with them and look after them. Call an ambulance if they become unconscious.



Eating will help slow the absorption of alcohol into the blood stream.



Avoid mixing alcohol and drugs as it is uncertain what the effects will be.



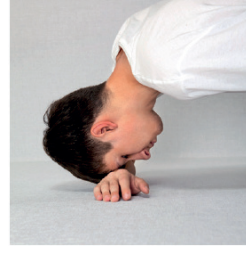
Never go home alone or with a stranger.



Plan how to get home before going out.



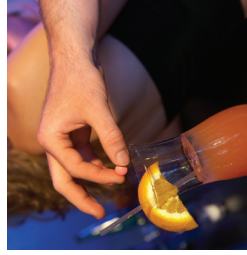
Keep valuable possessions out of sight.



Situations that are stressful or annoying. Find a quiet place to calm down.



Try to avoid loading up with alcohol before going out. It increases the chances of becoming ill from drinking too much.



Only accept drinks from good friends – or take the drink directly from bar staff to be safe.



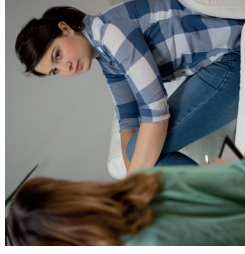
Talk to friends about alternative ways of having fun that don't involve alcohol. Use the money to try bowling, the cinema, an escape room, a meal out or sport instead.



Be prepared with contraception if there is a chance it will be needed.



Make sure that friends look out for each other and stay with people who can be trusted.



For help to cut down on drinking, confide in a trusted adult or GP.

Where to go for help

Adfam provides information and advice for families of alcohol and drug users. The website has a list of local family support services.
Tel: 0207 553 7640
adfam.org.uk

Drinkline - If you're worried about your own or someone else's drinking, you can call this free helpline, in complete confidence. They can put you in touch with your local alcohol advice centre for help and advice.
Tel: 0300 123 1110 (weekdays 9am – 8pm, weekends 11am – 4pm).

Life Stuff provides information and advice for young adults
life-stuff.org

Kooth is an online mental wellbeing community. Access is free, safe and anonymous.
kooth.com/

Tellmi allows you to share your problems anonymously, and receive free and immediate support and advice from people who get what you are going through.
tellmi.help

The National Association for Children of Alcoholics (NACOA) provides information, advice and support for everyone affected by their parent's drinking.
nacoa.org.uk

NHS alcohol support

nhs.uk/live-well/alcohol-support/

We Are With You provides free, confidential support to young people and adults experiencing issues with drugs, alcohol or mental health. It manages more than 120 services in 80 locations in England and Scotland.
wearewithyou.org.uk