

Top tips for Managing Alcohol



Try keeping track of how many units you're drinking NHS Inform have a handy unit calculator [which you can find here](#) or search for 'How does my drinking add up' online



If you are drinking heavily, try to reduce the volume you're drinking just a little bit day by day – it's really important you don't stop drinking too suddenly as this can be dangerous.



If you're worried you might be drinking too much, fill in the [interactive Audit self-report questionnaire](#) to help assess your alcohol consumption and identify implications to your health and wellbeing



Try to reconnect with people socially. Give someone a phone or arrange a video call, alternatively meet someone to go for a walk with.



If you think you're drinking a bit more heavily it's worth checking out the [Scottish Health Action on Alcohol Problems \(SHAAP\) website](#) where you'll find information on how to cut down safely.



If you feel you can it might be worth telling your friends or family you're trying to cut down and that it's important to you – they can support you



If you want to reduce your drinking, try having some alcohol-free days, try alternating between alcoholic and non-alcoholic drinks, or swapping strong drinks for ones with a lower strength (ABV in %)



If you're still struggling, make an appointment with your GP or check out local alcohol services. [Find alcohol services near you here](#) or Google 'NHS Inform where to get help'.



You can also find support through organisations such as [SMART Recovery UK](#) and [AA](#) who host regular meetings and can be contacted directly through their website.

You can find further information on the National Wellbeing Hub website:

www.nationalwellbeinghub.scot