

# Alcohol Team Brief Advice

## Information for patients

This leaflet can be made available in other formats including large print, CD and Braille and in languages other than English, upon request.

This leaflet is a helpful brief intervention tool as it will explain to you what a unit of alcohol is and will give you advice on the risks related to drinking over the recommended unit levels. Local contact details are provided if you need further advice and support in the community.

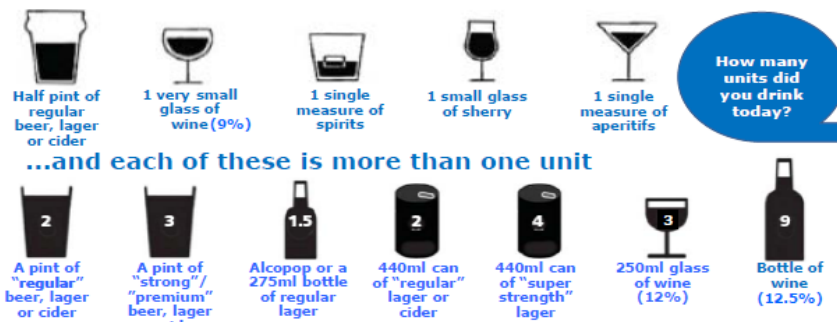
## How can the Team help me?

The Team can offer:

- an assessment for people who are having problems with alcohol misuse
- help with support and advice
- treatment, recovery and referral options.

## How many units do I drink?

This is one unit.



There are times when you will be at risk even after one or two units. For example, with strenuous exercise, operating heavy machinery, driving or if you are on certain medication.

If you are pregnant or trying to conceive, it is recommended that you avoid drinking alcohol. But if you do drink, it should be no more than 1-2 units once or twice a week and avoid getting drunk.

Your screening score suggests you are drinking at a rate that increases your risk of harm and you might be at risk of problems in the future.

*What do you think?*

Risk	Men	Women	Common Effects
<b>Lower Risk</b>	No more than 3-4 units per day on a regular basis	No more than 2-3 units per day on a regular basis	<ul style="list-style-type: none"> <li>•Increased relaxation</li> <li>•Sociability</li> <li>•Reduced risk of heart disease (for men over 40 and post menopausal women)</li> </ul>
<b>Increasing Risk</b>	More than 3-4 units per day on a regular basis	More than 2-3 units per day on a regular basis	<p><b>Progressively increasing risk of:</b></p> <ul style="list-style-type: none"> <li>•Low energy</li> <li>•Memory loss</li> <li>•Relationship problems</li> </ul>
<b>Higher Risk</b>	More than 8 units per day on a regular basis or more than 50 units per week	More than 6 units per day on a regular basis or more than 35 units per week	<ul style="list-style-type: none"> <li>•Depression</li> <li>•Insomnia</li> <li>•Impotence</li> <li>•Injury</li> <li>•Alcohol dependence</li> <li>•High blood pressure</li> <li>•Liver disease</li> <li>•Cancer</li> </ul>



Spread your alcohol over the week and **do not** binge drink.

You should also have at least 2 alcohol free days a week.

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### How many units did I drink today?

You can use the units calculator to find out:

(ABV X VOLUME) DIVIDED BY 1000 = UNITS

### What are the risks of drinking more than the recommended units?

Short term risks can include:

- slowed breathing and heart rate
- anxiety
- reduced sperm count which can affect fertility
- alcohol related accidents and injuries
- potentially fatal poisoning
- choking on own vomit
- loss of consciousness
- relationship problems
- weight gain.

Longer term risks can include:

- certain types of cancer (liver, bowel, breast, mouth and throat)
- memory loss and brain damage
- alcohol dependence
- high blood pressure
- increased risk of heart disease and stroke
- liver disease
- stomach ulcers
- insomnia (not sleeping).

Cutting down the amount of alcohol you drink can reduce these risks and it will have a positive impact on your finances.

### You may have an alcohol problem (known as dependency) if you:

- can not stop drinking once you have started
- are drinking more and more
- are losing interest in other things because of the alcohol
- are drinking more when you are alone
- are making excuses to drink alcohol
- are letting people down as a result of drinking
- smell of alcohol during the day
- feel guilty about your drinking
- get the shakes in the morning.

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If any of the above apply to you, **you must** seek help and advice on how to reduce the amount of alcohol you drink.

**Please note: Pregnant women and women trying to conceive should not drink alcohol.**

### Contact numbers

#### North Tees and Hartlepool NHS Foundation Trust

##### Alcohol Team

telephone: 01642 624715

Monday – Friday, 8.30am – 5.00pm

#### Further information is available from:

##### Stockton Alcohol Service Lifeline STARS

3 - 9 Skinner Street

Stockton on Tees

telephone: 01642 625980

Monday – Friday, 9.00am – 5.00pm

Saturday, 10.00am – 12.00pm

##### Stockton Recovery Service (Drugs and Alcohol)

High Street

Stockton on Tees

telephone: 01642 673888

##### Hartlepool Services HART (Drugs and Alcohol)

Whitby Street

Hartlepool

telephone: 01429 285000

Monday and Tuesday, 9.00am – 5.00pm

Wednesday, 9.00am – 8.00pm

Thursday and Friday, 9.00am – 5.00pm

Saturday, 10.00am – 2.00pm

Victoria Road

Hartlepool

telephone: 01429 267595

##### County Durham Services (Drugs and Alcohol)

Various locations, to find your nearest ring

telephone: 0300 026 6666

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### **Darlington Drug and Alcohol Service**

NECA

telephone: 01325 460511

### **Middlesbrough Drug and Alcohol Service**

Lifeline

telephone: 01642 245296

### **Redcar and Cleveland Drug and Alcohol Service**

Lifeline

telephone: 01642 481032

For enquiries email: [lifeline.northeast@gmail.com](mailto:lifeline.northeast@gmail.com)

### **Information used in the development of this leaflet:**

1. [www.nhs.uk/livewell/alcohol/alcohol-units](http://www.nhs.uk/livewell/alcohol/alcohol-units)
2. [www.drinkaware.co.uk/check the facts/health-effects-of-alcohol/effects-on-thebody/alcohol-and-women](http://www.drinkaware.co.uk/check-the-facts/health-effects-of-alcohol/effects-on-thebody/alcohol-and-women)
3. National Institute for Health and Care Excellence - Alcohol Use Disorders.
4. Department of Health 2007. Safe. Sensible. Social. The next steps in the National Alcohol Strategy.

## Alcohol Team Brief Advice

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This leaflet has been produced in partnership with patients and carers. All patient leaflets are regularly reviewed, and any suggestions you have as to how it may be improved are extremely valuable. Please write to the Quality Assurance Team, University Hospital of North Tees or email: [patientinformation@nth.nhs.uk](mailto:patientinformation@nth.nhs.uk).

### **Comments, Concerns, Compliments or Complaints**

We are continually trying to improve the services we provide.

We want to know what we're doing well or if there's anything which we can improve, that's why the Patient Experience Team is here to help.

Our Patient Experience Team is here to try to resolve your concerns as quickly as possible. If you would like to contact or request a copy of our PET leaflet, please contact:

telephone: 01642 624719  
Monday – Friday, 9.00 am – 4.00 pm  
Messages can be left on the answering machine and will be picked up throughout the day.

freephone: 0800 092 0084  
Mobile: (can use text): 0779 506 1883  
Email: [patientexperience@nth.nhs.uk](mailto:patientexperience@nth.nhs.uk)

Out of hours if you wish to speak to a senior member of Trust staff, please contact the hospital switchboard who will bleep the appropriate person.

telephone: 01642 617617  
24 hours a day, 7 days a week

The Patient Experience Team is available to discuss your concerns in person Monday – Friday, 1.30 pm – 4.30 pm. The office is based at the University Hospital of North Tees. It is near the lifts in the main tower block.

### **Data Protection and use of patient information**

The Trust has developed a Data Protection Policy in accordance with the Data Protection Act 1988 and the Freedom of Information Act 2000. All of our staff respect this policy and confidentiality is adhered to at all times. If you require further information please contact the Information Governance Team.

telephone: 01642 833551 or email: [information.governance@nth.nhs.uk](mailto:information.governance@nth.nhs.uk)

University Hospital of North Tees, Hardwick, Stockton-on-Tees. TS19 8PE  
University Hospital of Hartlepool, Holdforth Road, Hartlepool. TS24 9AH

Telephone: 01642 617617

Fax: 01642 624089