### What’s Your Score?

<table>
<thead>
<tr>
<th>Questions</th>
<th>Scoring System</th>
</tr>
</thead>
<tbody>
<tr>
<td>How often do you have a drink containing alcohol?</td>
<td>Never</td>
</tr>
<tr>
<td>How many units do you drink on a typical day when you are drinking?</td>
<td>1-2</td>
</tr>
<tr>
<td>How often have you had 6 or more units if female, or 8 or more if male, on a single occasion in the last year?</td>
<td>Never</td>
</tr>
</tbody>
</table>

| Your Total | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |

**Scored 0–4?**
Congratulations! You are a safe and sensible drinker! Keep it up but remember it does not take much for drink to sneak up on you!

**Scored 5–10?**
You may be drinking at a level that could put your health at risk. A few small changes could make all the difference.

**Scored 11 or 12?**
It may be worth speaking to your GP about your score. Take this scratch card with you and ask for some advice. Or, you could call Drinkline.

1 **unit** =
- 1/3 pint of beer
- 1/3 glass of wine
- 1 single shot of spirit
SCORED 11 OR 12?

Speak to your GP, a loved one or call

**Drinkline 0300 1231110**
Mon-Fri 9 am - 8 pm, weekends 11 am - 4 pm
or your local specialist service

Drinkline offers the following services:

- Information and self-help materials
- Help to callers worried about their own drinking
- Support to the family and friends of people who are drinking
- Advice to callers on where to go for help

For more info on how to cut down your drinking visit:

One You
https://www.nhs.uk/oneyou

NHS Choices
http://www.nhs.uk/Livewell/alcohol/Pages/Alcoholhome.aspx

or Facebook:
HaveaWordCampaign

WANT TO KNOW MORE?
VISIT **WWW.HAVEAWORD.ORG**

GUIDELINE

- Men and women are advised not to regularly drink more than 14 units a week.

SMALL CHANGES = BIG BENEFITS

- Have drink free days every week
- Keep track of how much you drink

REDUCE THE RISK

- Improved memory
- Sleeping better
- Feeling happier & less anxious
- A lower risk of developing many forms of cancer
- Having more energy
- A lower risk of brain damage
- Having fewer hangovers
- A lower risk of high blood pressure
- Losing weight
- A lower risk of liver disease

SWAP YOUR USUAL DRINK FOR A...

- Smaller one
- Lower strength one
- Soft drink
- One meal time only drink

ONE YOU

Public Health England

Protecting and improving the nation's health