

**MAKING
EVERY
CONTACT
COUNT**



**Alcohol
let's talk**

Did you know, adults are recommended not to regularly drink more than 14 units a week?

What does 14 units look like?

6 pints of normal strength beer or lager
or 6 medium glasses of wine



x6



x6

Please don't be surprised if you are asked about alcohol during your visit. Offering advice today may help prevent an alcohol-related illness tomorrow. Alcohol can cause cancer, stroke, heart disease and depression.

**Let's start the
conversation today**

Find our Alcohol and You
self help guide at
selfhelp.cntw.nhs.uk