

**MAKING  
EVERY  
CONTACT  
COUNT**

**NHS**



**Alcohol  
let's talk**

**Do your patients know what the  
low risk drinking guidelines are?**

Well, it's 14 units a week for women.  
And for men? The same. 14 units.

**Let's start the  
conversation today**

This information is brought you by North East and North Cumbria Integrated Care Board and Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust.

# Make the most of the questions we ask every day

**Patients who score 5 or more on AUDIT-C should be advised to cut down**

Refer all patients who score over 10 on AUDIT-C to your local Alcohol Support Service. Find more information at [cntw.nhs.uk/alcohol](http://cntw.nhs.uk/alcohol)

Access free training to learn more about alcohol harm and how to make every contact count at [training.meccgateway.co.uk/alcohol-studies](http://training.meccgateway.co.uk/alcohol-studies)

Worried about your own drinking?  
Get free confidential support now:



Pint of regular beer, lager or cider



Pint of premium beer, lager or cider



Alcopop or can/bottle of regular lager



Can of premium lager or strong beer



Can of super strength lager



Glass of wine (175ml)



Bottle of wine (75cl)