



MAKING
EVERY
CONTACT
COUNT



NHS

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.

Alcohol causes cancer, stroke, high blood pressure and depression.



**Alcohol
let's talk**

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

Access free training to learn more about alcohol harm and how to make every contact count at training.meccgateway.co.uk/alcohol-studies