



Healthy Body
Healthy Mind



Manage Alcohol Fact Sheet

Face the Facts

People with mental illness are more likely to engage in high risk behaviour such as smoking, alcohol or drug abuse. (Duty to Care 2001)

Drinking excessively can cause immediate harm such as injuries from violence, accidents, falls, having unprotected sex, and alcohol poisoning. Long term harm includes cancer, diabetes, and brain damage (Dept. of Health and Ageing)

Act Now

Drink Safe

You can enjoy a drink or two but know your limits : no more than 3-4 standard drinks per day for men, 1-2 for women.

Alcohol misuse is a problem for many Australians, and the costs are often misunderstood. There are number of myths about alcohol abuse and mental health and wellbeing that make it harder to create change.

Dispel the Myths

Do you **agree** or **disagree** with the following statements?

Alcohol helps me cope better.

Disagree, alcohol can give the impression that you are in control, but drink too much alcohol and your life will go out of control.

A few drinks won't hurt me.

Disagree, due to the different ways that alcohol can affect people, there is no amount of alcohol that can be said to be safe for everyone and alcohol might be harmful even in moderation with certain medications. Ask your prescribing doctor about alcohol and your medication.

Drinking is my problem, I can drink if I like its up to me what I do to my body, besides who really cares.

Disagree, problem drinking can cause harm to others around you. People do care about you and your health, ask for help.

Ask for Help

Managing drinking is a challenge, but many people who live with mental illness have proven that with the right support and information they can drink safe and feel more in control of their lives.



Healthy Body Healthy Mind
2007 Art Project winner
Kay Merrin



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5 Top Tips to Drink Safe

- 1. Limit your drinks** No more than 3-4 standard drinks per day for men, 1-2 for women
- 2. Do not mix** Alcohol with other drugs.
- 3. Drink Water** Take a break between alcoholic drinks, with a glass of water.
- 4. Change your habits** Find a new activity, play sport, go to the movies or take up walking.
- 5. Ask for help** Recognise you have a problem and see your GP for help or call the *Alcohol and Drug Information Service*. **(08) 9442 5000 (Perth)**
1800 198 024 (WA country) or go to Counselling Online
www.counsellingonline.org.au/en

You Can Do It

Others have done it, you can do it.

Find out how go to HealthRight Success Stories: www.healthright.org.au/go/success-stories

Quick Links

National Alcohol Strategy: www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/guidelines

The Drug and Alcohol Office: www.dao.health.wa.gov.au

Turing Point: Counselling Online: www.counsellingonline.org.au/en

Alcohol and Medicines:

www.nps.org.au/site.php?page=2&content=/resources/medicines_talk/MT_21/autumn2007_offthegrog.html

Find a GP: www.adgp.com.au/site/index.cfm?module=DIVISION&state_code=WA

Lifescrpts: SNAP into Health Resources: www.adgp.com.au/site/index.cfm?display=5376

Department of Health : www.health.wa.gov.au/health_topics/index.cfm

Drink safe and feel better in the mind and body!