

What is a standard drink?

In Australia, one standard drink is equal to 10 grams of alcohol – standard drinks for beer, cider, wine, and spirits are shown in the infographic below



The National Health and Medical Research Council (NHMRC) developed some new alcohol guidelines which were released in Australia in December 2020. These guidelines provide information on how to reduce the health risks from drinking alcohol.



Further information

Getting help – University services

University of Canberra

Phone: (02) 6201 2351

Website: <https://www.canberra.edu.au/on-campus/health-and-support/medical-counselling/contact-location>

Australian National University

Phone: (02) 6125 2211

Website: <https://www.anu.edu.au/students/health-safety-wellbeing/getting-help-at-anu/anu-counselling>

Canberra Alcohol and Drug services

Phone: (02) 5124 9977

Website: <https://www.health.act.gov.au/services/alcohol-and-drug-services>

Beyond Blue

Phone: 1300 22 4636

Website: <https://www.beyondblue.org.au/get-support/get-immediate-support>

ATODA directory of Alcohol and Drug services ACT

Website: <https://directory.atoda.org.au/>

Helpful websites and apps

Impact alcohol

Website: <http://www.impactalcohol.org.au/>

Drink check (AUDIT)

<http://www.impactalcohol.org.au/alcohol-your-health/online-tools/5-minute-drinking-audit/>

Drinks meter app

<https://yourroom.health.nsw.gov.au/getting-help/Pages/drinks-meter-app.aspx>

To download a copy of this, scan the QR code! →



CHECK YOURSELF

BEFORE YOU WRECK YOURSELF



Brief Alcohol Intervention Training (BAIT)

ATODA
Alcohol Tobacco & Other Drug
Association ACT

Some top tips about delivering a brief intervention about alcohol

- Remind people of the NHMRC alcohol guidelines – no more than 10 standard drinks per week and no more than 4 standard drinks on any occasion
- Try to have two alcohol free days per week to give your liver a break and avoid becoming dependent on alcohol
- Nothing sobers you up except time – remember it takes the body approximately 60 minutes to process each standard drink
- You can't get or give consent when intoxicated
- Avoid mixing alcohol with other drugs especially depressant drugs like benzodiazepines (Valium/Xanax), opioids and GHB
- If you are out at a pub or club, keep an eye on your drink and don't leave it unattended
- Don't drink and drive and discourage your friends/peers to do the same
- Be aware of the signs of alcohol overdose or poisoning – call 000 if you see these signs:
 - Slow or irregular breathing
 - Blue tinged or pale skin (lack of oxygen)
 - Low body temperature
 - Passing out and can't be woken
 - Seizures

Interpreting the AUDIT: brief intervention advice

Low risk = Score of 0-7

- Well done on being a low risk drinker – keep up the good work
- Your current consumption of alcohol is unlikely to cause you significant harm and you have a low risk of becoming dependent on alcohol
- The current Australian Alcohol Guidelines suggest that adults over the age of 18 should not drink more than 10 standard drinks per week, and no more than four standard drinks on any occasion to reduce the risk of harm from alcohol
- Try to stick to the limits even on special occasions
- The less alcohol you drink in your lifetime, the better it is for your health long term

Medium risk = score of 8-12

- Your current level of drinking can be harmful to your health and is putting you at risk of developing problems including becoming dependent on alcohol
- Cutting down on how much and how often you drink will reduce your risk
- Some health-related harms of continuing to drink at this level could include:
 - Risk of injury to self and others
 - Increased risk of motor vehicle crashes
 - Sleeping problems
 - Reduced levels of concentration
 - Poor work performance and absenteeism
 - High blood pressure
 - Depression and anxiety
 - Sexual problems (impotence)
 - Family, work, and other relationship problems
 - Aggression, violence

High risk = Score of 13 and above

- Your current level of drinking can cause serious physical, psychological and social harm – you are also at high risk of becoming dependent on alcohol
- Drinking at **high-risk levels** may also have a significant impact on your health, relationships, 'fitness for work' ability to study and complete common tasks
- You may injure yourself or others
- High risk drinking can be harmful to your health and cause a range of health problems including:
 - Liver damage
 - High blood pressure
 - Memory loss
 - Brain damage
 - Increased risk of motor vehicle crashes
 - Sleeping problems
 - Cancer (breast, mouth, throat, oesophagus, voice box, liver, bowel, colon, rectum)
 - Heart disease
 - Stroke
 - Digestive problems
 - Physical dependence and withdrawal

Extreme risk = score of 20 and above

- In addition to all of the physical, physiological and social harm **listed in high risk** your current level of drinking indicates an alcohol use disorder and probable alcohol dependence
- Referral to counselling, treatment and support is recommended
- **See the back of the brochure for drug and alcohol services in ACT and helpful websites and apps.**