

Tips for healthier drinking

Stay hydrated. Drinking water between alcoholic drinks will help you pace yourself. And remember you don't have to join in every round!

Drink and think in units. It's safest not to drink more than 14 units per week; that's about six pints of lager or a bottle and a half of wine.

Download the free Try Dry app. Try Dry is the app to help you drink more healthily. Track your units, calories and money spent and saved: alcoholchange.org.uk/app

Ask for help if you need it. Talk to your GP or visit our website to find out about getting support to cut down.

www.alcoholchange.org.uk