

Top tips



ALCOHOL
CHANGE^{UK}

to help you drink less
and improve your health

Have a few alcohol-free days each week



Having a few alcohol-free days each week is a good way to cut down and give your body a rest, boost your immune system, improve your mental health and wellbeing, and save money.

Set a limit



Decide what you want to drink in advance and stick to your plan.

Think and drink in units



The UK's Chief Medical Officers (top doctors) recommend not drinking more than 14 units a week; that is about six pints of normal strength beer or a bottle and a half of wine per week.

Practise your drink refusal skills



Plan what you will say if you are offered a drink and say it with confidence.

Keep track



Recording what you drink for a few weeks will help you understand your drinking pattern, so you can decide if you want to make a change. Download the free Try Dry app to help you keep track.

Try alcohol-free alternatives



Swap your usual alcoholic drink with alcohol-free alternatives. Alcohol-free beers, ciders, wines, and spirits are now widely available. Check out the reviews on the Alcohol Change UK website to help you get started.

Choose a smaller glass size and a lower ABV



Choosing a smaller glass and lower strength can be a helpful way to cut down.

Ask for help if you need it



Talk to your GP or visit the Alcohol Change UK website to find out more about local support options.



alcoholchange.org.uk