

Time to reflect?

What's your relationship with alcohol?

Concerned you're drinking too much?

How many units are in your drink?

Should not regularly exceed



3-4 units per day



2-3 units per day



A strong pint of beer/lager
(5.2% ABV)



1 medium glass of wine
(12% ABV)



1 single measure of spirits
(40% ABV)



Bottle of alcopop
(5% ABV)



Bottle of wine
(13.5% ABV)

If you are concerned about your own, or someone else's, alcohol use visit our website for local service information www.cambsdaat.org



Cambridgeshire and Peterborough
Clinical Commissioning Group



Cambridgeshire
County Council

cambridgeshire
drugandalcohol
action:team