



Drinking responsibly, such as drink-free days or cutting down on unit intake, could lead to long-term benefits...

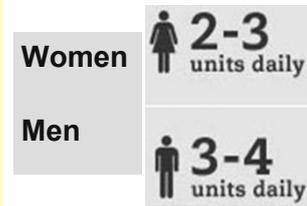
High alcohol consumption could negatively impact:

Diabetes - Liver Disease - High blood pressure - Heart disease  
Stroke - Immune System - Fertility - Cancer - Memory

Top Ten examples of benefits of drinking responsibly:

- 1) You'll begin to notice you'll sleep better
- 2) Your eyes and skin will seem brighter
- 3) You'll feel more alert and better able to concentrate at work
- 4) You'll have more energy when you spend time with family or friends
- 5) You'll have more money to spend on the other things for happiness
- 6) You may find you start to lose weight
- 7) You'll have less headaches
- 8) You may suffer from less stomach complaints
- 9) You'll feel more in control
- 10) You'll help to reduce your risk of serious illness

Know Your Units...



(av. level per drink)

Beer 5%  
568ml



2.8 units

Cider 5.3%  
275ml



1.5 units

Wine 13%  
175ml



2.3 units

Alcopop 5%  
275ml



1.4 units

Spirit 40%  
25ml



1 unit

National online support:



[www.drinksarter.org](http://www.drinksarter.org)

Source: Scottish Government



Local Self-Help & Support Available:

"31% of Fife's adult population drink at harmful levels of alcohol, equating to almost 95,000 people." NHS Fife (2011)

Fife Alcohol Support Service:

In partnership with NHS & Fife Council, staff can be referred or access themselves confidential services such as:

- ⇒ Alcohol diversion
- ⇒ Employee assistance
- ⇒ Counselling
- ⇒ Local support groups across Fife
- ⇒ Refer to website: [www.fassaction.org.uk](http://www.fassaction.org.uk)

Online weblinks, leaflets and signposting:

Awareness of alcohol impacting men; women; pregnancy; health; weight; religion or belief; or stress.

- ⇒ Refer to website: [www.st-andrews.ac.uk/hr/edi/Self-Help/Alcohol](http://www.st-andrews.ac.uk/hr/edi/Self-Help/Alcohol)

Confidential guidance within the University...



- ⇒ Refer to the Staff Policy on Alcohol: [www.st-andrews.ac.uk/staff/policy/hr](http://www.st-andrews.ac.uk/staff/policy/hr)
- ⇒ Chat to Human Resources - Email: [humres@st-andrews.ac.uk](mailto:humres@st-andrews.ac.uk) Phone: Ext 3096
- ⇒ Chat to Occupational Health: [www.st-andrews.ac.uk/ehss/Occupationalhealth](http://www.st-andrews.ac.uk/ehss/Occupationalhealth)
- ⇒ Chat to E&D Officer: [www.st-andrews.ac.uk/hr/edi](http://www.st-andrews.ac.uk/hr/edi)