Are you drinking alcohol frequently?

Drinking more frequently or excessively is bad for your physical and mental health.

Physical health

Alcohol weakens your immune system and increases your risk of infection, high blood pressure, heart disease, having a stroke, and some cancers.

Mental health

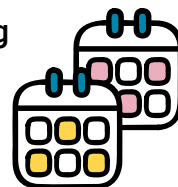**Alcohol alters the chemistry of your brain** and increases stress, anxiety, and depression.

Know your limits

Government guidelines recommend drinking no more than **14 units of alcohol a week** (this is about **1.5 bottles of wine** or **6 pints of beer**).

Take this short quiz to find out how many units you're drinking per week.
https://bit.ly/3cJcN35

Don't become dependent

Increased daily drinking can put you at risk of becoming dependent on alcohol.

Protect yourself and your family by taking action now to reduce how much you drink.

Support the NHS

Alcohol related incidents put an additional strain on NHS staff.
Join others in supporting the NHS by cutting down your drinking.

Concerned about your drinking?
Please visit Health in Herts for information and support https://bit.ly/2A6y5e1

Hertfordshire