



connect

wellbeing, ability, recovery

ALCOHOL— BINGE DRINKING

The UK guidelines for alcohol are set to no more than 14 units per week for both men and women spread evenly throughout the week. With this in mind, it's important to understand what binge drinking is and how easily it could lead to long term damages on your health.

Let's take a look.

What is binge drinking?

Binge drinking is drinking lots of alcohol quickly in order to get drunk fast. Everyone drinks at a different pace but if you are drinking alcohol quickly and a lot of it, the chances are you are binge drinking and damaging your health.

How can I tell if I binge drink?

If you are concerned about the amount you drink but are not sure where you stand, you can check out the Public Health Agency's guidance on units and recommendations on consumption [here](#).

What are the risks of binge drinking?

Binge drinking can have serious effects on your health. Your body can only dispense of 1 unit of alcohol per hour so if you find yourself drinking more than 2 glasses of wine or having 2 or more pints in an hour stop and take a look at how many units of alcohol you have consumed.

Is there any help available for binge drinkers?

Yes. Recognising that you have a problem is the first step in getting your alcohol consumption under control and looking forward to a healthier you. If you are worried about your drinking you should first contact your GP. Your GP will be able to give you advice on ways to cut down on your drinking as well as point you in the direction of services available in your area.





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