

**Wondering if your
relationship with
alcohol might be
getting out of
hand?**



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Impact

It's important to check in with ourselves regularly. Are you noticing any signs that your alcohol consumption could be turning problematic?

- Loss of memory
- Being dishonest about your drinking levels
- Trouble concentrating
- Your sleep after drinking is deteriorating
- You drink faster than other people
- You regularly drink more than friends
- You find you need alcohol to cope with stress
- Your relationships are suffering
- You have an increased tolerance to alcohol (you have to drink more to get the desired effect)
- You experience a feeling of guilt or remorse after drinking
- You struggle to drink less



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Small changes can make a difference

- Choose lower unit drinks
- Two consecutive days drink-free a week - but don't drink more on other days
- Start the evening slower - swap every second drink for a non-alcoholic one



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Seek support

Find advice to reduce your drinking via [Drinkaware](#)

Find out the many ways that you can access support, advice or treatment via [Drinkaware](#)

Visit the [FRANK website](#)

Visit the NHS Alcohol Support webpage

Find out what support options are available through your university and students' union



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