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## HERE ARE SOME TIPS TO HELP YOU STAY SAFE WHEN DRINKING

Would you try any of these strategies below? (or maybe you do them already?)

WOULD YOU...	YES	MAYBE	NO
Avoid drinking alone?			
Have 2 alcohol-free days per week? <small>(NB: See warning in section 7)</small>			
Choose drinks with lower alcohol content (e.g. light / mid-strength beer)?			
Have a break for 2 weeks or more? <small>(NB: See warning in section 7)</small>			
Not get into buying rounds?			
Eat a meal before drinking?			
Alternate each alcoholic drink with a non-alcoholic drink?			
Put ice cubes in your drink?			
Set a limit on how many drinks you will have before you start drinking?			

### TOP TIP

Alcohol interferes with the absorption of thiamine (Vitamin B<sub>1</sub>), which is essential for brain functioning. If you drink regularly, consider taking a Vitamin B<sub>1</sub> supplement every day.



### PHONE READY

If you're heading out make sure your phone is charged and has credit.



### DON'T MIX WITH OTHER DRUGS

Mixing alcohol with other depressants such as opioids or benzodiazepines (e.g. valium) can be unpredictable. This can lead to increased risk of overdose.



### DRINK WATER

Stay hydrated. Alcohol can lead to dehydration (dry mouth, thirst, dizziness, headache).



### MIND YOUR HEAD

Alcohol can make you feel happy and relaxed, however if you have a mental health condition such as anxiety or depression, over time alcohol can make these things worse.



### SLEEP BETTER

Don't rely on alcohol to help you sleep. Alcohol can help you fall asleep more easily but can stop you from getting deep, uninterrupted sleep.



### LOOK AFTER YOUR MATES

Signs that someone might be in trouble include: cold, clammy, pale skin; vomiting; not waking up; slow breathing or not breathing.



### DON'T DRIVE

It is illegal for someone with an open licence to be in charge of a vehicle when their Blood Alcohol Content (BAC) exceeds 0.05%.

If someone is unconscious and breathing, turn them on their side, call triple zero (000) and ask for 'AMBULANCE'. If they are not breathing, perform CPR if you are able to and wait with them until help arrives.