

What is a standard drink?

In Australia, a standard drink is any drink containing 10 grams of alcohol. Use the table below to calculate the number of standard drinks you are drinking.

Beer	light	mid strength	full strength
% Alcohol by volume	2.7%	3.5%	4.8%
Standard volume	285ml	285ml	285ml
Standard drinks	0.6	0.8	1.1

% Alcohol by volume	2.7%	3.5%	4.8%
Standard volume	375ml	375ml	375ml
Standard drinks	0.8	1.0	1.4

Wine	red wine	white wine	champagne
% Alcohol by volume	13%	11.5%	12%
Standard volume	100ml	150ml	150ml
Standard drinks	1.0	1.4	1.4

% Alcohol by volume	13%	11.5%	12%
Standard volume	750ml	750ml	750ml
Standard drinks	7.7	6.8	7.1

Spirits	straight	pre-mix	pre-mix
% Alcohol by volume	40%	5%	7%
Standard volume	30ml	375ml	330ml
Standard drinks	1.0	1.5	1.8

These are only an approximate number of standard drinks. Always read the container label for the exact number of standard drinks.

For more standard drinks, see NHMRC guidelines:
<https://www.nhmrc.gov.au/sites/default/files/documents/reports/alcohol-harm-reduction.pdf>

How to lower your drinking risk



Reduce your lifetime health risk:

No more than TWO standard drinks on any day.



Reduce your risk of injury:

No more than FOUR standard drinks on any occasion.



Women who are pregnant or planning a pregnancy:

Not drinking any alcohol is the safest option.

For more information please go to:
www.alcoholthinkagain.com.au

How to get help

Alcohol and Drug Support Line (ADSL)
 24-hour confidential telephone counselling,
 information and referral

Phone: **9442 5000**

Country Toll Free: **1800 198 024**

www.mhc.wa.gov.au

Contact your local Doctor/GP
 or Community Alcohol and Drug Service (CADS)



Government of **Western Australia**
 Mental Health Commission

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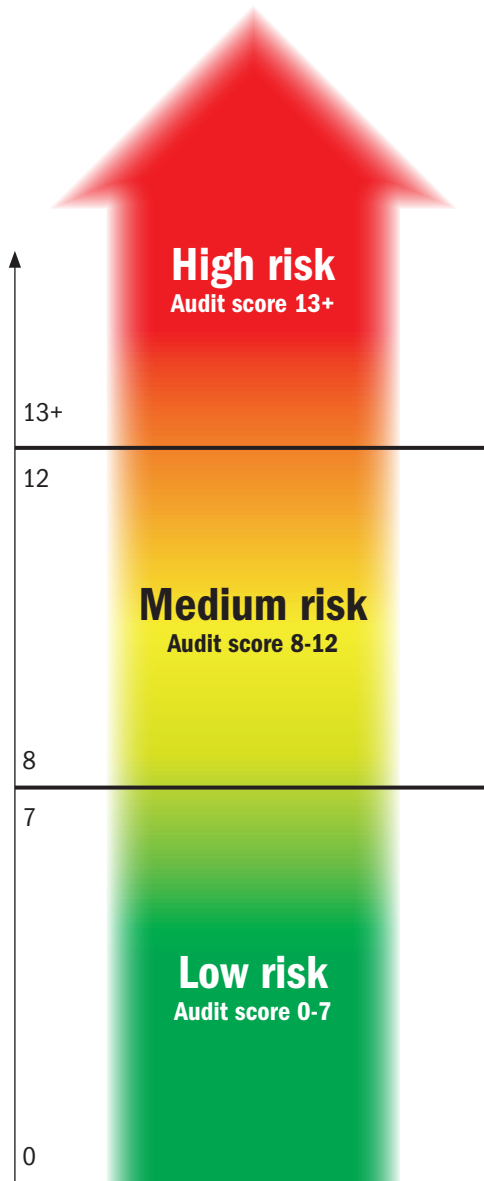


Alcohol and my health

This resource is to be used with **AUDIT** (WHO, 2001)

Your AUDIT Score

Your score of _____ means that you have a _____ risk of alcohol related harm.



Total score 13+ high risk of harm

This level of drinking can cause serious physical, psychological and social harm.

Potential harms include:

- physical dependence
- cancer
- liver damage
- memory loss
- brain damage
- heart problems
- all of the medium risk harms below

Caution: if your score is 13 or over seek medical advice before making any changes to your alcohol consumption. This is due to the risk of complications such as seizure and death from alcohol withdrawal.

Total score 8-12 medium risk of harm

This level of drinking can be harmful to your health.

Potential harms include:

- injury to self
- injury to others
- sleeping problems
- depression
- relationship problems
- high blood pressure
- motor vehicle crashes
- reduced concentration
- aggression and violence

Total score 0-7 low risk of harm

Well done on being a low-risk drinker!

- Remember to stick to low risk limits even on special occasions.
- Keep in mind that even a small amount of alcohol can cause harm.

Benefits from reducing your drinking

Short-term

Improves health:

- better sleep
- more energy
- may help lose weight

Improves personal relationships:

- family life
- romantic relationships
- improved mood
- less hangovers

Improves work and lifestyle:

- may help save money
- work performance increases

Long-term

Reduces health risks from:

- brain damage
- cancer
- high blood pressure
- heart problems
- liver disease
- memory/concentration difficulties

Reduced risk of legal problems:

- drink driving
- motor vehicle crashes
- accidents
- violence
- injury to self and others