

facts

Bottle of wine = about 9 units
Bottle of vodka = about 30 units
Bottle of alcopops = 1.3-2 units
Pint of lager = about 2 units



Women are advised to drink no more than 2-3 units a day – that's a third of a bottle of wine or around 2 shots of vodka – up to 14 units a week.

Two alcohol-free days a week are advised.

Effects of alcohol can include enlarged blood vessels, dry skin and weight gain.

1/3 bottle of wine
or
2 shots of vodka



Bottle of wine = about 500 kcal
Vodka shot = about 50 kcal
Bottle of alcopops = 150-230 kcal
Pint of lager = about 200 kcal

contacts

Addaction (alcohol problems service)
Galashiels 01896 757843

The Advice Shop (debt advice)
0131 225 1255

Borders Community Addictions Team
Galashiels 01896 664430

Borders Drugs and Alcohol Team
01896 825566

Caledonia Youth Advisory Service
(Sexual Health Advice) 0131 229 3596

ELCA (Edinburgh and Lothian
Council on Alcohol) 0131 337 8188

GUM Clinic (Genito-Urinary
Medicine) 0131 536 2103

**Heriot-Watt University Student
Welfare Services** 0131 451 3386 or
01896 892178

Libra (specialist alcohol agency for
women in Edinburgh) 0131 661 0111

Rape Crisis Centre 0131 556 9437

useful sites

www.infoscotland.com/alcohol

www.hw.ac.uk/welfare

www.ActionAlcoholDrugsEdinburgh.org



ACTION
[an alcohol & drugs in Edinburgh]





University is not just about getting a degree.

It involves mixing with a load of new people and coping by yourself, maybe for the first time.

To boost your confidence and to try and fit in, you might find you're boozing more than you ever did at home.

If you drink more than you can cope with, you can find yourself missing classes and falling behind. Catching up can start to seem difficult.

Partying a lot can hit your bank balance hard too. And if you're drinking a lot, the chances are you're not looking so hot either.

You might also be more inclined to take risks – like having unprotected sex.

Alcohol may well be a feature of your life here, but don't let it define you. Don't be afraid to do something other than drink.

If you do think that your drinking is starting to impact badly upon your course, looks and pocket, don't give up – you're not the first.

There is a lot of information and support out there, check out this leaflet for details.

safety tips

Drink soft drinks too – who can tell the difference between a vodka and coke and just a coke? Who cares?

Watch your measures – people tend to pour larger measures at home than they get in a bar.

A glass of wine at home could be the equivalent of two bought outside.



Always carry condoms if you think there is the possibility of you having sex – you don't want to complicate your life with an unwanted pregnancy or a dose of gonorrhoea or chlamydia.

Keep your drinking money separate and don't be tempted to spend more – leave your cash card behind.

Avoid getting into the rounds culture – you'll end up spending and drinking more.

Say you actually have some work to do!

