

# ALCOHOL CHECK



The purpose of Alcohol Check is to provide you with some useful information and practical tips around alcohol. It should only take about 10-15 minutes to complete.

## WORKER'S NOTES

This tool is designed to help guide a conversation with someone who has concerns about their alcohol use. It is not intended to replace a full clinical intervention.

Please consider all risk, safety, consent and confidentiality issues before commencing. If now is not a good time, this resource can be taken away and read at a later date. A guide to using this tool can be found at [www.insight.qld.edu.au](http://www.insight.qld.edu.au)

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

START HERE!

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## LET'S LEARN A LITTLE ABOUT DRINKING AND YOU...

THIS BRIEF QUESTIONNAIRE IS CALLED THE AUDIT-C

1. How often do you have a drink containing alcohol?	Never	Monthly or less	2-4 times per month	2-3 times per week	4+ times per week	SCORE
SCORE	0	1	2	3	4	

Alcohol is measured by a "standard drink" which is 10 grams of alcohol. It usually takes your liver about one hour to process a standard drink.

Let's use the table below to work out how many standard drinks you consume on a typical day...

(Please note: the table below contains approximate measures only)

Beer / Cider						Wine / Sparkling			Spirits			STANDARD DRINKS TOTAL
Light Beer (2.7%)		Mid-strength Beer (3.5%)		Full-strength Beer / Cider (5%)		150mL Glass (12%)	700mL Bottle (12%)	2L Cask (12%)	Shot (40%)	375mL Premix (5%)	700mL Bottle (40%)	
Pot	Stubbie	Pot	Stubbie	Pot	Stubbie							
0.6	0.8	0.8	1.0	1.1	1.5	1.5	7	20	1	1.5	22	
Total Standard Drinks (multiply standard drinks by number of drinks per day)												

2. How many standard drinks of alcohol do you drink on a typical day when you are drinking?	0-2 drinks	3-4 drinks	5-6 drinks	7-9 drinks	10+ drinks	SCORE
SCORE	0	1	2	3	4	

3. How often do you have 5 or more standard drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	SCORE
SCORE	0	1	2	3	4	

Add up the 3 scores in the yellow boxes here for your overall score:

/12

### WHAT DOES YOUR OVERALL SCORE MEAN?

0-3 LOW RISK	4-5 MODERATE RISK	5+ HIGH RISK
You are either a non-drinker or drink at low risk levels.	Your drinking may be causing some harm to your health and wellbeing.	Your drinking is causing harm to your health and wellbeing.

## DID YOU KNOW...

- Australian Standard Drink Guidelines\* recommend;
  - drinking no more than 2 standard drinks a day to avoid lifetime harm
  - having no more than 4 standard drinks on one occasion to reduce risk of immediate harm.
- Not drinking alcohol is the safest option if you are under 18 years of age, pregnant (or planning a pregnancy), or breastfeeding.

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## LET'S WORK OUT HOW MUCH YOU SPEND ON ALCOHOL...

(You may need to get your calculator out for this section)

Per week \$ \_\_\_\_\_ (enter a dollar amount)

Per month \$ \_\_\_\_\_ (multiply the weekly number above by 4)

Per year \$ \_\_\_\_\_ (multiply the monthly number above by 13 to equal 52 weeks)

## REMEMBER...

Average out how much you spend on a "big night out" across the week or month.

IS THERE ANYTHING ELSE YOU WOULD LIKE TO SPEND THIS MONEY ON?

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## WHAT ARE THE GOOD BITS ABOUT DRINKING FOR YOU?

## WHAT ARE THE NOT-SO-GOOD BITS?

e.g. low mood, not getting things done, paranoia, anxiety, relationship problems, money problems, hassles with work/study, getting busted, losing license.

## TOP TIP

It's good to know the reasons why you drink alcohol. It affects where, when, how much and how often you drink.

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## ON A SCALE FROM 1-10, HOW WORRIED ARE YOU ABOUT YOUR DRINKING?

1 2 3 4 5 6 7 8 9 10  
Not at all worried Very worried

Why did you give these scores?

What would it take for your score to go up or down?

## HOW IMPORTANT IS IT FOR YOU TO MAKE CHANGES TO YOUR DRINKING?

1 2 3 4 5 6 7 8 9 10  
Not important Very important

Turn the page over for more information

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HAVE YOU THOUGHT ABOUT FILLING YOUR CUP WITH SOMETHING DIFFERENT?

FINISH THE STATEMENTS BELOW...

THE PEOPLE I ENJOY SPENDING TIME WITH ARE...

THE ACTIVITIES I ENJOY ARE...

OTHER THINGS THAT ARE IMPORTANT IN MY LIFE ARE...

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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 B1), which is essential for brain functioning. If you drink regularly, consider taking a Vitamin B1 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.



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.



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.

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.



DRINK WATER

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



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.



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%.

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IF OR WHEN YOU ARE THINKING ABOUT CUTTING BACK OR QUITTING... HERE ARE SOME TIPS

WARNING

If you are a daily drinker, we recommend you seek medical advice before stopping or cutting back.



SOME PEOPLE GET CRAVINGS...

They are common and uncomfortable but will pass. If you experience cravings, here are some things you can try.

- Delay – making a decision on whether or not to drink for 5 minutes, then one hour, or longer.
- Distract – yourself, for example phone a friend, go for a walk, listen to music.
- Deep breathing – or other relaxation techniques can help you to stay calm.
- Drink Water.

ALCOHOL WITHDRAWAL

Symptoms include nausea, vomiting, stomach upset, headache, sleeplessness, sweating, and shaking. Withdrawal can be different for everybody and can last for up to 10 days.

WARNING

If someone is experiencing shaking, confusion, fever and hallucinations (seeing and hearing things that aren't there) call triple zero (000) immediately.

Alcohol withdrawal can also trigger seizures - this requires urgent medical attention.



MY PLAN FROM HERE IS...

WHERE TO GO FOR MORE HELP...

Call the national Alcohol and Other Drug Hotline for free, confidential, 24 hour telephone counselling, advice and referral.

1800 250 015

