

UWE Wellbeing Service

Alcohol use

Do you drink to get drunk? Do you ever think that you may have a problem with the amount of alcohol you consume?

Drinking in moderation can be a pleasant experience and may seem to be a big part of University life. Drinking to excess, and getting drunk regularly, can be a very different experience and can be associated with impaired academic performance, and can put you, and others, at risk.

It is important to give your body 48 hours to recover from a heavy drinking session, before you have any more alcohol. When going out, know your limits, and always make sure you know how you are going to get home – do you have enough money for a taxi?

If you're aware that you are drinking too much, drinking everyday, or binge drinking when you socialise or at the weekends, it can be helpful to start by monitoring your use of alcohol.

Websites and organisations

- **AA** – provides help to people recovering from problematic alcohol use, with regular meetings to support available. www.alcoholics-anonymous.org.uk
- **Alcohol Concern** – a small independent charity that is committed to reducing harm from alcohol-related problems www.alcoholconcern.org.uk
- **Bristol Drugs Project** – the first point of contact for anyone seeking treatment and support www.bdp.org.uk
- **Get Self-Help** – provides clear, practical, evidence-based advice for understanding and managing a range of problems including addiction and alcohol misuse www.get.gg
- **The Care Forum** – free drugs and alcohol advocacy support services for people in Bristol www.thecareforum.org E: admin@thecareforum.org.uk T: 0808 808 5252

UWE library

Miller, W. R. 2004. (1st Ed) **Controlling Your Drinking**: Tools to Make Moderation Work for You. The Guilford Press. Journal article: [Full text online](#)

Apps

NHS choices provide information on alcohol including the an alcohol tracker app which is useful to keep tabs on your consumption: [Change4Life](#)