

# Think Drink

Have a go at  
completing the  
**Alcohol Audit  
Questionnaire**  
inside - it's simple  
it's quick - it could  
make you think.

**Think Drink,  
Think AUDIT –  
Why don't you see  
how you measure up.**

**WE ALL KNOW  
SOMEONE WHO COULD  
DO WITH INFORMATION,  
ADVICE OR SUPPORT  
AROUND ALCOHOL,**

if you are worried about  
family or friends turn to  
the back of this leaflet for  
some ways to get help.

**IF YOU ARE WORRIED  
ABOUT THE IMPACT  
OF ALCOHOL IN  
YOUR COMMUNITY**

(where you live or work)  
why not get on board  
with Taking the  
Initiative... See back  
page for more details.



Please answer questions 1 to 10 honestly and then add up the individual scores to get your total ALCOHOL AUDIT score. Next, go to the following page for an explanation of your score.

Remember you don't have to share your ALCOHOL AUDIT with anyone unless you want to and if this score surprises or worries you then please give us a call and we will chat through options for getting support for you.

QUESTIONS	Your Score
<p><b>1. How often do you have a drink containing alcohol?</b> Never (0) Monthly or less (1) 2-4 times a month (2) 2-3 times a week (3) 4 or more times a week (4)</p>	
<p><b>2. How many drinks containing alcohol do you have on a typical day when you are drinking?</b> 1 or 2 (0) 3 or 4 (1) 5 or 6 (2) 7 to 9 (3) 10 or more (4)</p>	
<p><b>3. How often do you have six or more drinks on one occasion?</b> Never (0) Less than monthly (1) Monthly (2) Weekly (3) Daily or almost daily (4)</p>	
<p><b>4. How often during the last year have you found that you were not able to stop drinking once you had started?</b> Never (0) Less than monthly (1) Monthly (2) Weekly (3) Daily or almost daily (4)</p>	
<p><b>5. How often during the last year have you failed to do what was normally expected of you because of drinking?</b> Never (0) Less than monthly (1) Monthly (2) Weekly (3) Daily or almost daily (4)</p>	
<p><b>6. How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?</b> Never (0) Less than monthly (1) Monthly (2) Weekly (3) Daily or almost daily (4)</p>	
<p><b>7. How often during the last year have you had a feeling of guilt or remorse after drinking?</b> Never (0) Less than monthly (1) Monthly (2) Weekly (3) Daily or almost daily (4)</p>	
<p><b>8. How often during the last year have you been unable to remember what happened the night before because of your drinking?</b> Never (0) Less than monthly (1) Monthly (2) Weekly (3) Daily or almost daily (4)</p>	
<p><b>9. Have you or someone else been injured because of your drinking?</b> No (0) Yes, but not in the last year (2) Yes, during the last year (4)</p>	
<p><b>10. Has a relative, friend, doctor or other health care worker been concerned about your drinking or suggested you cut down?</b> No (0) Yes, but not in the last year (2) Yes, during the last year (4)</p>	
<p>This questionnaire was developed by the World Health Organisation. Research has shown it to be a good indicator of how harmful/risky a person's drinking is.</p>	<p><b>Total Score</b></p>

# WHAT DOES YOUR ALCOHOL AUDIT SCORE MEAN?

Remember these guidelines are for adult drinkers, they do not apply to under 18s, people on medication, pregnant women or older people, who should seek further advice from their GP or the services overleaf.

## 0-7: LOW RISK:

while there are no completely safe levels of alcohol, the amount you drink is low risk.

## 8-15: HAZARDOUS:

your drinking is putting you at increased risk of harm, including damage to your physical and mental health.

## 16-19: HIGH RISK:

drinking at this level will result in damage to your physical and mental health. You are also at risk of being alcohol dependant.

## 20+: HIGHEST RISK:

your drinking is seriously harming you and you are likely to be alcohol dependent.

## Other questions you might want to think about:

Circle YOUR appropriate number from 1 – 10

### How important is it for you to do something about your drinking?



### In the next 3 months, how difficult will I find it to cut down on my drinking or stop all together?



If you are concerned about your drinking and want help to do something about it then go to the next page.



**Taking the Initiative...** services are **FREE** and delivered across all of the NHSCT area so there will be something available near you.

If your mental health and alcohol intake is causing concern then ring the **Healthy Body, Healthy Mind** project on **9074 4499**. Services include mentoring, counselling and a personal development programme.

Where you are aged 55 or over and concerned about your alcohol use, or you are concerned about a family member who is aged 55 or over, then contact our **Older Focus** project on **9066 4434**. They will provide advice, counselling and, should you wish, group support.

Where family relationships are at risk from alcohol or money worries then phone our **Relationships and Alcohol Misuse** project on **9026 0898**. Services include debt advice and/or counselling.

Where you are concerned about young people drinking in your community then contact our **Believe in Youth** project on **2565 2105**. Subject to agreement on priority areas, they will provide information, awareness raising and training to the young people themselves, as well as family members, and other stakeholders in the community.

If your concern is about drinking in your community generally then all the projects have agreed to work together. We will do this by providing support, information, awareness raising and training for Community Champions. If you have the time, and the passion to make a real difference in your community then call any of the projects to find out how to get involved.

For further information visit [www.thinkdrinkni.com](http://www.thinkdrinkni.com)

