

Drugs & Alcohol

ADVICE & GUIDANCE

Alcohol and drug misuse occur when alcohol or drugs are consumed in a harmful manner or when there is a dependency on them. To minimise health risks associated with alcohol consumption, it is recommended that both men and women avoid regularly consuming more than 14 units per week.

Alcohol and drugs misuse can cause:

- 📍 Accidents and injuries
- 📍 Heart and liver disease
- 📍 Mental health issues such as anxiety and depression
- 📍 Negative impact on employment, financial problems and relationships.

If you feel that you need support with alcohol or drug addiction there is a variety of support out there to help you.

Scan/Click the QR code to access a range of regularly updated resources for advice and support from third-party organisations.

SCAN THE
QR CODE
FOR MORE
INFO



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