

## TRY TO AVOID

- Drinking regularly to cope with negative moods or as a major form of recreation.
- Driving after drinking, or riding in a vehicle with someone who's been drinking.
- Trying to keep up with your friends who drink more or more often than you do.
- Getting drunk before early adulthood increases the risk of dependence.

## DID YOU KNOW?

Men and women absorb alcohol differently. **Women have less fluid in their bodies to dilute** alcohol, and less of an enzyme that breaks down alcohol. So women feel more of the effects, and for a longer time, than men who drink the same amount.

## IF SOMEONE PASSES OUT OR OVERDOSES ON ALCOHOL

- Roll the person on their side (so they won't choke if they throw up).
- Call out for help—stay with the person who's in trouble.
- Call (or get someone else to call) 911.
- Tell paramedics as much as you can.



## GETTING HELP

### Algonquin College Resources

The AC Umbrella Project:  
[algonquincollege.com/umbrellaproject](http://algonquincollege.com/umbrellaproject)

To learn about additional on-campus support, please scan the QR code:



### Community Resources

**AccessMHA**  
[Accessmha.ca](http://Accessmha.ca) | 1.833.527.8207

**ConnexOntario**  
[connexontario.ca](http://connexontario.ca) | 1.866.531.2600  
Text CONNEX to 247247

**Centre for Addiction and Mental Health:**  
[camh.ca](http://camh.ca)

Umbrella  
Project



# SAFER DRINKING

## BEER, WINE, AND SPIRITS



## REDUCE YOUR RISK

**ALGONQUIN**  
COLLEGE

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Here to Help is a project of the BC Partners for Mental Health and Addictions Information. This brochure was developed by the Centre for Addictions Research of BC, a member of the BC Partners.

## YOU AND SAFER DRINKING

When you enjoy alcohol, it can be easy to get into a routine of drinking too much, too often or in risky environments. Here are some simple things you can do to reduce your risk of harm from alcohol.

### BEFORE YOU START...

#### Be clear about why you want to drink

Is it going to help you in some way or make things worse?

#### Eat something

Food reduces the speed at which your body absorbs alcohol. This can help prevent blackouts.

#### Know the strength of your alcohol

Look on the label for the percentage of alcohol.

#### Set limits on how much you're going to drink

Commit to sticking to your plan.

### WHILE DRINKING...

#### Measure and keep track of your drinks

This will help you avoid drinking more than you wanted.

#### Drink slowly

Alternate drinks with water or other non-alcoholic beverages to avoid drinking too much.

#### Stay in the company of trusted friends

That way, you won't have to cope alone if something goes wrong.

## WHEN GOING OUT...

#### Choose drinking places with care

Find places you feel comfortable. Things can get out of control in places that are too crowded or chaotic. It's best to have a buddy so you can take care of each other.

#### Plan a safe way to get home before you even get to your destination

Downloading Uber/Lyft, and keeping your phone charged are great ways to ensure you get home safely.

#### Avoid getting drunk in public

Low risk is two drinks at most on any one occasion. Stay at least within the moderate risk ceilings of 4 drinks for men, 3 drinks for women. Drinking over these limits puts you at risk of making choices that may seem fun at the time but may cost you sooner or later in terms of your health, relationships, money or the law.

### ONE STANDARD DRINK IS:

**Beer** 350 ml (12 oz) at 5% alcohol

**Wine** 150 ml (5 oz) at 12% alcohol

**Spirits** 40 ml (1.5 oz) at 40% alcohol

### WHEN "NO ALCOHOL" IS HELPFUL...

- Driving or operating machinery
- Needing to be alert, like at work or school
- Using other drugs, including medications
- Pregnant or breastfeeding
- Experiencing health problems (mental or physical)



## IF YOU'RE PLANNING TO DRINK A LOT...

#### Drink with a buddy in a safe place

It may be best to stay at home.

#### Stick to one substance at a time

Alcohol can magnify the effects of cannabis and some other drugs in unpredictable ways.

#### Stay away from the steering wheel

Stay where you are or make plans to get around by bus, Uber/Lyft, taxi, or ride with someone who hasn't been drinking.

#### Avoid having sex with an unfamiliar partner

It's best to avoid having sex with an unknown partner while intoxicated. Consider exchanging numbers and hooking up at a later date instead.

## TO REDUCE LONG-TERM HEALTH RISKS...

#### Avoid daily or almost-daily drinking

A regular routine of 3-6 drinks spread out each week (no more than 2 on any day) raises risk of disease from low to moderate level.

- 0 drinks per week: The only no-risk approach.
- 1-2 standard drinks per week: Considered low risk.
- 3-6 standard drinks per week: Moderate and increasing risk of developing several types of cancer.
- 7 or more standard drinks per week: High and progressively increasing risk of cancer, heart disease, and stroke.