

Know the amount of alcohol you usually drink



(c) CCSA

Knowing how you are feeling and how much you usually drink is an important place to start your harm reduction journey

Ways to track drinks

- 1) Keep a schedule and track your drinks.
- 2) Pour one drink at a time of larger containers (e.g. wine) into a cup or reusable bottle.
- 3) Set aside beer can tabs
- 4) Mark your larger bottles (e.g. Wine) at the half way mark (& write # of drinks on the bottle)
- 5) Write a tally of drinks in a day

Thinking about how much you drink and about why you are drinking can help you better understand what makes you feel good, healthy and safe.

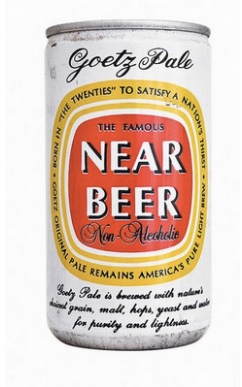
Pace and space out your drinks

Once you know your mood for the day you can decide how to pace your drinks for the day.

- 1) Figure out how many drinks you will need to stay comfortable. (e.g. to stop the shakes & feel good, but not to cause you to blackout)
- 2) To help space out your drinks you can dilute your drinks with water, ice or juice
- 3) or have 'drink spacers' by alternating with water or juice or "near beer".
- 4) Make time to eat and take your medications. Some prefer to do these tasks before they start drinking
- 5) Drink with a friend and tell them your goals. They can help support you

If you decided to cut back on your drinking be sure to GO SLOW with reducing your drinks

- If you drink 8 or more drinks in a day (4-7 days a week)
- Only reduce your drinking by a maximum of 1-2 drinks a day.



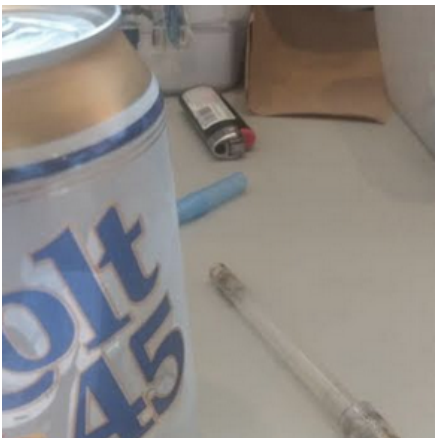
Know your limits

Slow down if you find you're getting intoxicated quickly. You could be drinking more quickly or drinking a higher % of alcohol than usual.

Blackouts and injuries happen. But slowing down your drinking can help reduce your chances of blacking out and falling.

Some alcohols affect people differently. Avoid the alcohols that aren't a good fit for you. Certain types of alcohol might cause you to black out or fall down more. Learn from your own experiences.

If you drink non-beverage alcohols (list, rubbie, hand sanitizer) they are typically at a higher % of alcohol than wine, beer and spirits.



- If you drink and use drugs use:
- always use a little bit less of both when using them AT THE SAME TIME or SAME DAY
 - tell someone when you are using
 - Always carry naloxone

Alcohol Harm Reduction

a set of practical strategies and ideas aimed at reducing negative consequences associated alcohol use.

Think Before you Drink

Ask yourself a few questions before you drink to see where you are and the type of drinking you would like to participate in:

- 1)How are feeling:
 - are you still drunk from the night before
 - do you have the shakes
- 2) How are feeling, emotionally:
 - are your emotions stronger then normal
 - Are you interested in drinking less today or tapering
 - Are you interested in drinking a lot today or binging?

Eastside Illicit Drinkers Group Education



Weekly meeting on Mondays at 380 East Hastings st.
Sign up 10:30 -
Meeting from 11-12 noon

Connect with us:



Drinkers Lounge Community Managed Alcohol Program (CMAP)

Weekly meeting on Tuesday at 10:30am at 311 princess st.

For addiction medicine support
Rapid Access Addiction Clinic (RAAC) 9 a.m. to 4 p.m. St. Paul's Hospital (1081 Burrard St)
604-806-8867 ext. 3

Safer Drinking Tips

Think before you drink

PLEASE KEEP THESE TIPS IN MIND TO REDUCE HARMS WHILE YOU ARE DRINKING