

DRINKING DIARY

Day	How much did you drink?	Who were you with? Where were you? What did you drink?	Outcome. How did it affect me? How did it affect others? How much did I spend? Short and long term effects?	What could you have changed to drink less?
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

HEALTH WARNING

If you drink a lot of alcohol and often, it can be dangerous to stop drinking too quickly without getting medical help first. Speak to your doctor or pharmacist before you stop drinking alcohol if you feel things like shaking, sweating or feeling sick and anxious until you have your first drink of the day

Further support

If you or someone you care about needs support with their drinking or other substances, speak to a **doctor or pharmacist**.

Free help is also available from:

Cardiff and Vale Drug and Alcohol Service (CAVDAS).

Go to www.cavdas.com or call 0300 300 7000 to find out more.

DAN 24/7 the Wales Drug and Alcohol Helpline.

Go to www.dan247.org.uk or call 0808 808 2234, anytime day or night, to find out more.