

How can I cut down on drinking?

Cutting down isn't easy. But you're not alone. There are lots of ways you can start making changes now. Some ideas are:

- know what a standard drink is (see *What is safe drinking* on healthinfo.org.nz)
- when you do drink, set yourself a limit and stick to it
- drink non-alcoholic drinks before and in-between alcoholic drinks
- have your first drink after you start to eat
- avoid buying rounds in large groups
- switch to lower-alcohol beers or wines
- avoid drinking alone
- plan other activities or tasks at times when you would normally drink
- instead of drinking when bored or stressed, go for a walk or workout instead.



Who can help?

The following people or organisations may be able to help if you are finding it difficult to cut down on your drinking.

General practice team

If you need to find a GP, you can search on this map.

Alcohol drug helpline

You can call the Alcohol drug helpline on **0800-787-797** or txt **8681**, 24 hours a day, seven days a week. The Alcohol drug helpline website (alcoholdrughelp.org.nz) includes information on alcohol and other drugs, problem identification, cultural resources, and online screening tools. You can also call the helpline if you are worried about a friend or family member's drinking.

The alcohol drug helpline has a Māori helpline (**0800-787-798**) and text service (**8681**) to provide culturally-appropriate support to Māori.

It also has a Pasifika helpline (**0800-787-799**) and text service (**8681**) to provide culturally-appropriate support to Pacific peoples.



West Coast DHB Alcohol & Other Drug (AOD) Service

This service is for people aged 18 or older who are dependent, or probably dependent, on alcohol. To access the service you have to be referred for a comprehensive assessment. You must agree to comply with the assessment, treatment and discharge processes, including for the methadone programme. Talk to your doctor or nurse about being referred.

Addictions Help

Addictions Help (addictionshelp.org.nz) allows you to search for publicly funded alcohol, drug and gambling treatment agencies in your region.

*Information provided by the Canterbury DHB. Adapted by the West Coast DHB. Page created April 2017.
Last updated November 2018.*