Trained advisers are available from:
Monday to Friday 9.00 am - 11.00 pm
Saturdays and Sundays 6.00 pm - 11.00 pm
Outside these hours, callers can listen to information or request free leaflets.
The service is available in English and Welsh.

For free and confidential advice about alcohol and sensible drinking call Drinkline 0800 917 8282
Sensible drinking guidelines

Men
If you drink between 3 and 4 units a day or less – there are no significant risks to health.

Women
If you drink between 2 and 3 units a day or less – there are no significant risks to health.

1 unit = ½ pint of standard strength beer, lager, cider (5.5-6.4% abv)
or A 25ml pub measure of spirits (40% abv)
or A small (25ml) glass of wine (9% abv)
Note: Many wines are stronger (11-12% abv)