

Yarning about alcohol and your health

How often do you have a standard drink containing alcohol?

SCORE:

Never (0)..... Monthly (1) Weekly (2) Some days each week (3) Most days each week (4)

How many standard drinks containing alcohol do you have on a typical day when you are drinking?

1 or 2 (0)..... 3 or 4 (1)..... 5 or 6 (2) 7-9 (3) more than 10 (4)

How often do you have six (6) or more standard drinks on one occasion?

Never (0)... Less than monthly (1) ... Monthly (2) ... Some days a week (3).... Most days each week (4)

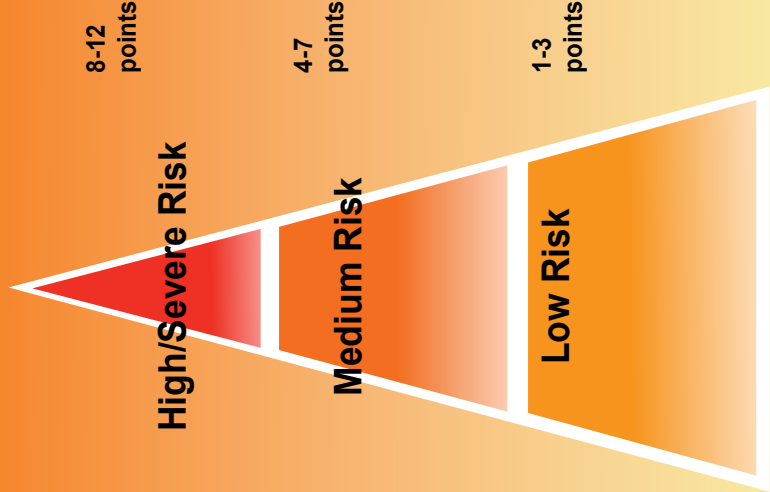


High risk = Score more than 8 in total

TOTAL SCORE:

Add the number for each question to get your total score

The Health Risks



Is it a problem?

Do you think you have a problem?

Do you think you drink too much alcohol?

Are you worried about your drinking?

Does your family worry about your drinking?

Do you feel stressed out without alcohol?

Do you wish you could stop?

If you said YES to any of these, you may have a drinking problem

TOGETHGER WE CAN STAY STRONG

Family and friends

Who keeps us strong?



I trust:..... and to give advice about my treatment.

Too much alcohol causes trouble

Common problems with drinking

- « Hangovers
- « My family drink more when I drink
- « Causes family to worry
- « More anger and fighting
- « No one looking after kids
- « No money for food
- « Unsafe sex
- « Causes sadness
- « Family humbug
- « Damages body and brain
- « Can't live without it



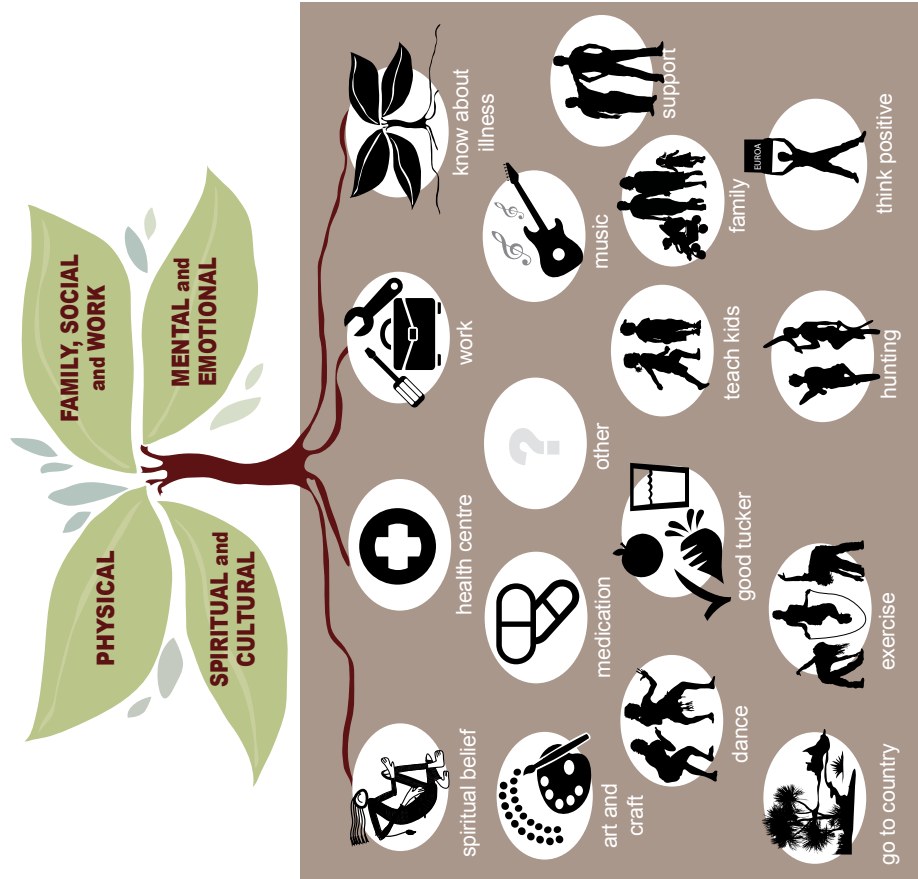
Reasons to change

- Make family happy
- Work opportunities
- Exercise, sport, get fit
- Better relationships
- Connect with culture
- Role model for kids



I now know that I WANT TO CHANGE.

What keeps us strong?



Doing more of what keeps us strong helps us make change

Tips for making change

Make healthy choices, keep busy, spend time with family, play sport, get involved in cultural activities, go hunting, talk to someone you respect and trust, drink more slowly and drink more water.



Your plan for making change

What is the most important thing for you to work on changing right now?

Goal:

What would be your steps for making that change?

Step 1:

Step 2:

What is another important thing for you to work on changing right now?

Goal:

What would be your steps for making that change?

Step 1:

Step 2:

All images supplied by the Department of Health ICD Unit

JUNE 2011

This pamphlet has been developed in collaboration with the Menzies Aboriginal and Islander Mental Health Initiative



healthy Territory
A Territory Government initiative

Yarning about Alcohol

Name: _____



Who to see

Name: _____
Health Centre: _____
Contact Person: _____
Contact Number: _____

Next Visit: _____ Time: _____