Alcohol

Regularly drinking over the recommended guidelines risks damaging your health and can lead to serious health problems such as:

- Liver damage
- A greater risk of getting cancer
- Heart attack

If you are drinking alcohol, you should alternate your drinks. Drinking water or soft drinks between alcoholic drinks can help you enjoy your evening safely.

Cutting down on alcohol

To cut down on alcohol successfully you need easy-to-adopt steps that can be put into practice no matter where you are.

- [Tips on cutting down](#)
- [Alcohol unit calculator](#)
- [Alcohol myth buster](#)
- [Caring for an alcoholic](#)

Nightsafe haven

Located on Queen Street, the Nightsafe Haven offers support to vulnerable people within the town centre at night time. It is available 9.30pm to 3.30am every Saturday night until 7 November. The service offers:

- Medical support for minor injury or illness
- A place to rest
- Water
- Advice
- Directions
- A place of safety

Useful information

[Blackpool Alcohol Strategy 2016-19](#)
[ Talking Drink, Taking Action - The Blackpool Alcohol Inquiry Report](#)

Additional information

Drugs and alcohol services for young people