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# Alcohol

Last Modified March 06, 2020



## Drink Less Blackpool

Drinking a little less can benefit your health, your weight and your pocket

Regularly drinking more than 14 units a week can lead to serious health problems, like liver disease, heart attacks and cancer. Fourteen units are equivalent to 6 pints of average strength beer or 6 medium (175ml) glasses of average strength wine.

To keep your risk low, guidelines for the UK recommend that:

- Adults do not regularly drink more than 14 units a week
- People try and limit the amount of alcohol they drink on any single occasion
- It's safest not to drink alcohol whilst pregnant
- For children and young people, an alcohol-free childhood is the healthiest and best option

If you regularly drink as many as 14 units per week, it's best to spread your drinking evenly over 3 or more days.

[Take the alcohol quiz](#). This quick 10 question quiz will help you assess how much alcohol you drink. You will get an overall drinking score to tell you if your drinking could be affecting your health.

If you're struggling to drink less, free help is available:

Support through an app



Support face-to-face if you're under 25



Support face-to-face if you're over 25



## Additional information

[Drugs and alcohol services for young people](#)

[Alcohol and drugs support](#)

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