

MONITORING SUBSTANCE USE

Think about the last week. Try to remember if you drank or used other substances and fill in the checklist below.

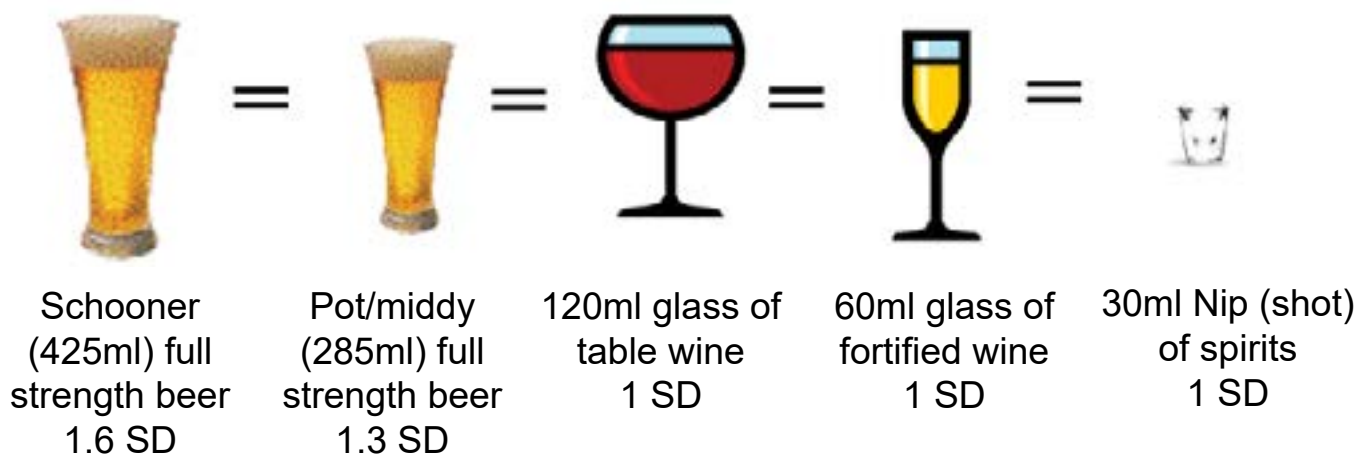
Guidelines vary slightly across countries and time but generally drinking more than 3 - 4 times a week is not recommended and on any drinking occasion men are advised not to drink more than 3 or 4 standard drinks and women 2 or 3 standard drinks

Are you drinking more than this? If so, should you consider cutting down?

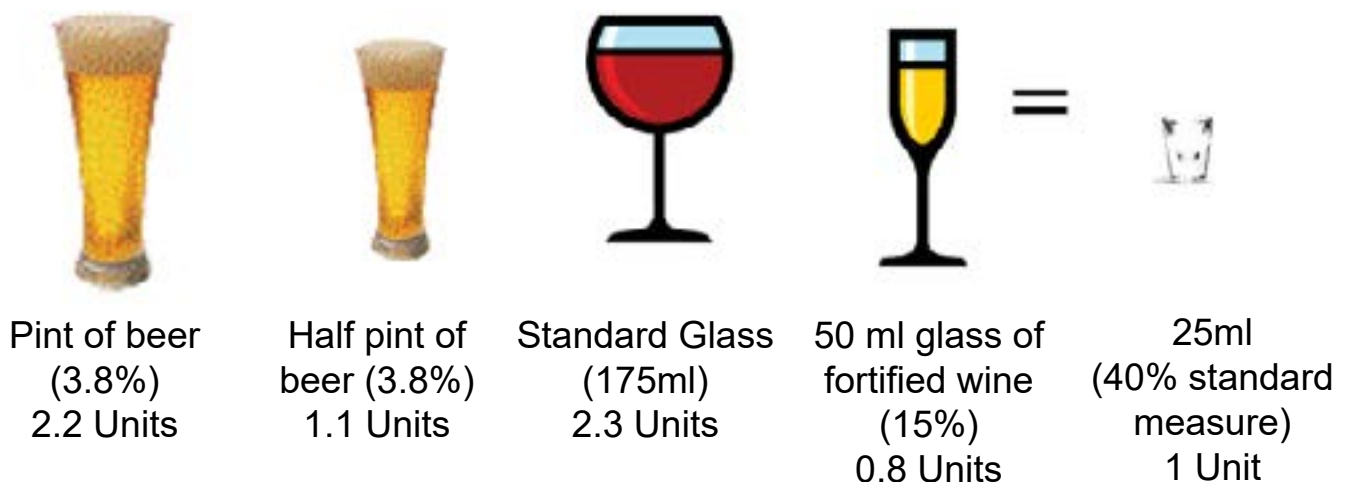
MEASURING ALCOHOL

A standard drink contains 10 grams of alcohol in Australia, 8 grams of alcohol in the UK. Beer, wine and spirits may vary slightly in the amount of alcohol they contain.

Australian STANDARD DRINKS (SD)



UK UNITS of alcohol (<http://www.drinkaware.co.uk/tips-and-tools/drink-diary>)



	Day of the week						
Drug	__day	__day	__day	__day	__day	__day	__day
Alcohol							
Heroin							
Amphetamines							
Canabis							