

# Learn more about alcohol

With our  
free and confidential  
service



Helping you reduce your alcohol intake

SHOULD NOT REGULARLY EXCEED	
MEN	WOMEN
3-4	2-3
UNITS DAILY	UNITS DAILY

1 PINT OF STRONG  
LAGER = 3 UNITS



## 0121 475 8885

or ask your local G.P for more information

A free and confidential service

Delivered by



**RAPt**  
THE REHABILITATION FOR ADDICTED PRISONERS TRUST  
stopping addiction. stopping crime.

# Is alcohol your best friend?



if you think you need help reducing your alcohol intake contact

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**A-Team**  
Alcohol Services

# 0121 475 8885

or ask your local G.P for more information

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[www.alcohol-services-ateam.org.uk](http://www.alcohol-services-ateam.org.uk)