

Tuesday, 01 February 2011

## [Health and Social Wellbeing Improvement](#)



This leaflet highlights that binge drinking is dangerous even if you don't get drunk.

The alcohol guidelines changed on 08/01/2016. Please see the latest advice from the four UK Chief Medical Officers on [www.knowyourlimits.info](http://www.knowyourlimits.info)

## Details

Format

A5 12 pages

Target group

General Public

## Downloads

Attachment	Size
<a href="#">You dont have to be drunk leaflet_0.pdf</a>	343.6 KB

[Print](#)