

Know your units

Adults should drink no more than 14 units a week



Some people do not drink, but for many, alcohol is part of their life. As with most activities, this carries a degree of risk. With this in mind, a set of guidelines was developed by the UK Chief Medical Officers to help people understand the risks alcohol may pose to their health, and to help them make decisions about their alcohol consumption in light of the risks.

The 'Know your units' campaign aims to increase awareness of the [UK Chief Medical Officers' Low Risk Drinking Guidelines](#) of no more than 14 units per week and the health risks associated with drinking in excess of these guidelines. It will run throughout February and March 2024 in Living Well community pharmacies.

Living Well is a community-based pharmacy service offered in over 500 pharmacies across Northern Ireland. It is delivered in partnership with the Public Health Agency, Community Pharmacy NI, and the Department of Health. The service supports people in improving their health and wellbeing by:

- raising awareness of various public health messages and campaigns;
- sharing of health and wellbeing information;
- signposting to a relevant health professional, service or support in the community;
- using behavioural interventions, if appropriate.

Through the Living Well service, pharmacies help address risk factors that contribute to ill health in Northern Ireland.

During the campaign period, members of the public are encouraged to visit their local community pharmacy for advice on their alcohol consumption and to pick up free materials, including a unit calculator wheel and [a guide to alcohol and health](#).

Further information and support is also available at www.drugsandalcoholni.info

[Print](#)