



Alcohol identification and brief advice toolkit

Together we are better

Alcohol identification and brief advice toolkit Resources available

Alcohol Self-Test (AUDIT)

A4 copies of the gold standard alcohol screening questionnaire designed for single use. The first three questions are also highlighted for practitioners using AUDIT-C as an initial screen. Also contains a guide to popular alcoholic drinks and their unit and kcal content on the reverse.

Drink Smart

This illustrated self-help guide is designed to help people make positive choices about alcohol. Divided into three sections, it includes: (i) basic alcohol awareness and the alcohol self-test AUDIT, (ii) behaviour change exercises to help people think about their relationship with alcohol and whether to cut down or have time off, and (iii) options to help make a plan, manage stress and get support.

We ask everyone about alcohol, it may be linked to why we are seeing you today

This A3 poster is suitable for clinics, waiting rooms, consulting rooms and aims to reduce some of the barriers experienced by frontline staff when asking patients/clients/customers about their alcohol use.

2-4-1 Safer drinking tips

A social marketing campaign designed for 18-25 year olds, this leaflet uses the style of drinks promotions to highlight the risks of binge drinking such as hangovers, unprotected sex, weight gain, getting arrested or ending up in A&E. Provides harm reduction advice and tips for safer drinking.

Brief advice about alcohol risk

Visual aid and take away information to support the delivery of structured brief advice. Includes feedback on risk levels and AUDIT scores, percentages of the population by risk level, some suggested benefits of drinking less and practical ideas to drink less (including what targets to aim for).

Extra advice about alcohol risk

Visual aid and take away information to support the delivery of an extended brief intervention. Includes motivationally based tools to help people to reduce the amount they drink to low risk levels, reduce risk-taking behaviour as a result of drinking alcohol or to consider abstinence.

Unit calculator/drug wheels

On the one side, a unit calculator wheel displaying popular alcoholic drinks and the number of units per serving (typical kcals are also provided). On the reverse, a basic drug awareness wheel displaying common effects of illicit drugs and their legal classification.

Alcohol – Know the facts / Where to get help

This pocket guide folds-out to include on the one side the shortened self-test AUDIT-C, a simple guide to units, the lower risk levels, and safer drinking tips. On the reverse, a directory of local alcohol services with contact details.

Alcohol identification and brief advice toolkit Order form

Name: _____

Job title: _____

Organisation: _____

Email address: _____

Tel Number: _____

Resources are available for free to organisations working within the geographical boundaries of Manchester City Council. Please make a note of quantities you require for each resource specified. * Depending on the size and weight of your order, we will either ask you to collect from Fallowfield Library (small quantities can be posted via Royal Mail), or in special circumstances we can arrange delivery by courier.

Resource	Quantity
Alcohol Self-Test (single use AUDIT-C/AUDIT)	<input type="checkbox"/>
Drink Smart self-help guide	<input type="checkbox"/>
"We ask everyone about alcohol" A3 poster	<input type="checkbox"/>
2-4-1 leaflet	<input type="checkbox"/>
Brief advice about alcohol risk	<input type="checkbox"/>
Extra advice about alcohol risk	<input type="checkbox"/>
Unit calculator/drug wheel	<input type="checkbox"/>
Alcohol services fold-out z card	<input type="checkbox"/>

Please return the completed form to Louisa Wall, by fax **0161 248 1751**, or by post: PHDS, 1st Floor, Fallowfield Cultural Centre, Platt Lane, Manchester M14 7FB. Alternatively, you can email your request to louisa.wall@mhsc.nhs.uk

For a range of other health promotion resources contact Manchester Health Information and Resources Library on **0161 248 1769** or visit www.mphds.org