

## What is a standard drink?

In Australia, a standard drink is any drink containing 10 grams of alcohol. Use the table below to calculate the number of standard drinks you are drinking.

Beer	light	mid strength	full strength
% Alcohol by volume	2.7%	3.5%	4.8%
Standard volume	285ml	285ml	285ml
Standard drinks	0.6	0.8	1.1

% Alcohol by volume	2.7%	3.5%	4.8%
Standard volume	375ml	375ml	375ml
Standard drinks	0.8	1.0	1.4

Wine	red wine	white wine	champagne
% Alcohol by volume	13%	11.5%	12%
Standard volume	100ml	150ml	150ml
Standard drinks	1.0	1.4	1.4

% Alcohol by volume	13%	11.5%	12%
Standard volume	750ml	750ml	750ml
Standard drinks	7.7	6.8	7.1

Spirits	straight	pre-mix	pre-mix
% Alcohol by volume	40%	5%	7%
Standard volume	30ml	375ml	330ml
Standard drinks	1.0	1.5	1.8

These are only an approximate number of standard drinks. Always read the container label for the exact number of standard drinks.

For more on standard drinks, see:

<https://alcoholthinkagain.com.au/alcohol-your-health/what-is-a-standard-drink/>

## How to lower your drinking risk



Healthy adults should drink no more than **FOUR** standard drinks on any one day.



Healthy adults should drink no more than **TEN** standard drinks a week.



People who are pregnant or breastfeeding should not drink alcohol.

For more information please go to:

[www.alcoholthinkagain.com.au](http://www.alcoholthinkagain.com.au)

## How to get help

**Alcohol and Drug Support Line (ADSL)**  
24-hour confidential telephone counselling,  
information and referral

Phone: **9442 5000**

Country Toll Free: **1800 198 024**

[www.mhc.wa.gov.au](http://www.mhc.wa.gov.au)

Contact your local Doctor/GP  
or Community Alcohol and Drug Service (CADS)



**Alcohol:**  
is my drinking  
putting me at risk?

**AUDIT C**



Government of **Western Australia**  
Mental Health Commission

# My AUDIT C Score

Answer the questions about your alcohol use in the past 12 months.

- Add the scores from each question for a Total score.
- Match your Total score to the level of risk.

1. How often do you have a drink containing alcohol?					
0	1	2	3	4	Score
Never	Monthly or less	2-4 times a month	2-3 times a week	4+ times a week	
2. How many standard drinks containing alcohol do you have in a day when you are drinking?					
0	1	2	3	4	Score
1 or 2	3 or 4	5 or 6	7-9	10+	
3. How often do you have five or more standard drinks?					
0	1	2	3	4	Score
Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
<b>Total score:</b>					



What your total score means:

<b>Total score 8+</b>	<b>high</b> risk of harm
<b>Total score 4-7</b>	<b>medium</b> risk of harm
<b>Total score 0-3</b>	<b>low</b> risk of harm

My score of \_\_\_\_\_ means that I have a \_\_\_\_\_ risk of alcohol related harm.

## Total score 8+ high risk of harm

**This level of drinking can cause serious physical, psychological and social harm.**

Potential harms include:

- physical dependence
- cancer
- liver damage
- memory loss
- brain damage
- heart problems
- all of the medium risk harms below

**Caution:** if your score is 8 or over seek medical advice before making any changes to your alcohol consumption. This is due to the risk of complications such as seizure and death from alcohol withdrawal.

## Total score 4-7 medium risk of harm

**This level of drinking can be harmful to your health.**

Potential harms include:

- injury to self
- injury to others
- sleeping problems
- depression
- relationship problems
- high blood pressure
- motor vehicle crashes
- reduced concentration
- aggression and violence

## Total score 0-3 low risk of harm

**Well done on being a low-risk drinker!**

- Remember to stick to low risk limits even on special occasions.
- Keep in mind that even a small amount of alcohol can cause harm.

# Benefits from reducing your drinking

## Short-term

**Improves health:**

- better sleep
- more energy
- may help lose weight

**Improves personal relationships:**

- family life
- romantic relationships
- improved mood
- less hangovers

**Improves work and lifestyle:**

- may help save money
- work performance increases

## Long-term

**Reduces health risks from:**

- brain damage
- cancer
- high blood pressure
- heart problems
- liver disease
- memory/concentration difficulties

**Reduced risk of legal problems:**

- drink driving
- motor vehicle crashes
- accidents
- violence
- injury to self and others