



Have Some Questions about Alcohol?

We took the most commonly asked questions and have some answers!

Is drinking Less Better for me? [Canada's Guidance on Alcohol and Health](#) outlines a continuum of risk.

- For those who consume 2 standard or less drinks per week their risk is low. But low risk does not mean no risk.
- For those who consume between 3 and 6 standard drinks per week their risk is moderate.
- Those who consume 7 or more standard drinks per week have increasingly high risk.
- The safest choice is to not consume any alcohol once you have decided to try to get pregnant and when you are pregnant. Alcohol crosses the placenta and can affect the baby's fast-growing tissues.

So, the answer is yes! Drinking less is better. Reducing your alcohol use, even by small amounts, has benefits!

Alcohol increases your risk of health harms including cancer and heart disease. It also can make you more susceptible to violence and the risk of injury. The more you drink the greater the risk.

What is a Standard drink? One standard drink is:

- one 341 ml (12 oz) bottle of 5% alcohol beer cider or cooler
- one 43 ml (1.5 oz) shot of 40% hard liquor (vodka, rum, whiskey, gin, etc.).
- one 142 ml (5 oz) glass of 12% wine.

So, it is not just about size, you also need to know the percentage of alcohol!

What is binge drinking, and why know about it?

[Binge drinking](#) is having 5 or more drinks for a male, or 4 or more drinks for a female. It could lead to an alcohol overdose or alcohol poisoning. Learn more about alcohol poisoning by completing the [Party Safer](#) course.

Are there any recommended tips? Yes! Try the following:

- ✓ [Measure the amount of alcohol](#) you put in your drink. Check the label on beer, cider, cooler and wine bottles for the percentage of alcohol.

- ✓ Pace yourself. Start low. Go slow. Drink one glass of water after each drink containing alcohol. It can take up to two hours to feel the effects of alcohol, so pacing yourself is important!
- ✓ Eat something before consuming alcohol or other substances.
- ✓ Plan your limit before you start to drink and stick to it.
- ✓ Stick to one substance at a time. If you add alcohol to your drink don't add energy drinks caffeine, or cannabis infused sodas. Caffeine mixed with alcohol can overcome the sedating effect of alcohol. It may lead people to believe they are less intoxicated than they are.
- ✓ Don't leave your drink unattended or share it with others. If possible, keep a lid on your drink. You will be less likely to have your drink spiked.
- ✓ Know [the signs and symptoms of alcohol poisoning](#). It is a medical emergency. Call 911 or seek emergency medical attention:
 - Bluish or greyish, cold, clammy skin
 - Vomiting without waking up
 - Not waking up when pinched (meaning the person is unconscious)
 - Slowed breathing.
 - Loss of bladder and bowel control
- ✓ Follow the [Party Safer Tips](#) to reduce your risks and complete the [Party Safer](#) course.

Are you questioning your relationship with Alcohol? Support is available. Visit:

- [AccessMHA.ca](#), is for anyone who is 16 years of age or older, a simple, single point of entry, to eastern Ontario's system of care for mental health and addictions
- [1call1click.ca](#), a simple way to assist infants, children and youth from birth to 21 years of age to access the right mental health and addiction care, at the right time.
- [CAPSA](#), peer group meetings provide a safe environment for those seeking help to question their relationship with substances, free from stigma or discrimination. [All People All Pathways \(APAP\)](#) believes that you will find your answers and the best path for you and your goals for increased wellness.
- [Families for Addiction Recovery \(FAR\)](#) has three free [peer support](#) services for caregivers of people of any age who struggle with substance use.

For more information on resources, programming and treatment on mental health and substance use health, please visit the [Mental Health, Addictions and Substance Use Health Services and Resources](#) webpage.