

Alcohol



Drinking too much alcohol **all at once** can make you feel sick.



Drinking too much alcohol **all the time** can make your health bad.



To stay well you should **not** drink more than **7 drinks** in **one week**.



You should have **some days each week** where you **do not drink** alcohol.



If you want to **drink less**, ask your **doctor** for help.



Visit our website qld.gov.au/deafness-mental-health



Text or call us on **0427 598 076**



Email us at deafness_mhs@health.qld.gov.au

If you need help, email or text us. You can also ask your doctor, family or carer to call us.



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