

Should I Be Thinking About My Drinking

The World Health Organisation has identified three "types" of drinking as carrying particular risks to individuals. These are:

- **Hazardous Drinking**
 - Pattern of drinking carrying high risk of future damage to health.
- **Harmful Drinking**
 - Pattern of drinking that is already causing damage to health.
- **Dependant Drinking**
 - Pattern of alcohol use characterised by three or more of the following:
 - Withdrawal state on stopping.
 - Drinking to avoid withdrawal state.
 - Impaired control over starting, controlling or stopping drinking.
 - Drinking consistently to the same pattern, regardless of social or other constraints.
 - Increase in the neglect of other interests in favour of alcohol use.
 - Persistence of use despite clear evidence of actual or likely harm.
 - Returning to similar dependant drinking pattern after a period of abstention.

If the descriptions above are familiar then it may be worthwhile thinking about your drinking pattern. It does not mean you have a drink "problem" or that you are an alcoholic. It only highlights that there are some changes you could make to reduce the risks associated with your current drinking pattern. If you wish to discuss this or seek advice and information ARA's Alcohol Services can help.