

Alcohol Care Team

Are You Ready To ACT?
ACT are here to help

Are you aware
of how much
alcohol you
drink?

Would
you like to
change the
amount
you drink?

Would you like
support and
help?



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board

How can we help you? We will:

- be non-judgemental and confidential when exploring alcohol usage
- support, listen and provide expert advice and education
- signpost to services and community support where you will be treated with respect and dignity

**Recommended guidelines are
14 units of alcohol a week for
both men and women**

What does 1 unit of alcohol look like?



218ml of cider and beer
based on 4.5% ABV



76ml of medium wine
based on 13% ABV



250ml of lager
based on 3.6% ABV



25ml measure of spirits
based on 40% ABV



250ml bottle of alcopop
based on 4% ABV



Scan the QR code to visit
our website for more
information including
contact details

Developed in partnership with the
CTM Service User Involvement Group



I drink to forget



I drink to cope



I drink to relax

Alcohol Care Services
are available at all
hospitals in Cwm Taf
Morgannwg