

Alcohol Focus Scotland Resource List



Please note P&P charges are
Free for 1-99 leaflets £5 for 100-199 leaflets and £10 for more than 200.

Information Leaflets

Cost

Sensible Drinking

Explores the consequences of drinking too much and offers advice on how to drink sensibly.

Free

What's in a drink?

Aimed at young people, this leaflet gives the straight facts about alcohol.

Free

Women and alcohol

What every woman needs to know about sensible drinking and the risks specific to women.

Free

Alcohol and stress

Find out why alcohol makes stress worse, and learn better ways to cope.

Free

Alcohol and healthy living

A guide to how you can enjoy alcohol and stay healthy.

Free

Recognising problem drinking

Find out how to spot a problem with alcohol and what you can do about it.

Free

Alcohol and older people

This leaflet looks at why older people must be particularly careful with alcohol.

10p

Weight for it! Currently not in stock – July 2010

This leaflet provides information on alcohol and calories.

Alcohol and behaviour

Find out how alcohol can affect our mood and behaviour.

10p

Alcohol and sexual health

This leaflet looks at why alcohol can be a risk factor in relation to sexual health.

10p

When problem drinking affects your family 10p
Looks at some of the difficulties faced by families of problem drinkers and how they can help.

Drink and the driver 10p
Find out what the law says about drink-driving and how to keep yourself and others safe.

Alcohol and methadone 10p
This leaflet explains why people on methadone shouldn't mix it with alcohol.

Head injuries and alcohol 10p
Find out why drinking alcohol if you have a head injury can make the effects much worse.

What is dual diagnosis? 10p
Dual diagnosis is a term used to describe people with both alcohol/drug and mental health problems.

Students and booze 10p
Covers all students need to know about alcohol, the risks of drinking too much and how to stay in control.

About alcohol - Urdu and Punjabi versions Contact us for details.

Sensible drinking - Urdu and Punjabi versions

Factsheets

Alcohol and tobacco	Free
Alcohol and drugs	Free
Alcohol, drugs and mental health	Free
Alcohol and depression	Free

Other resources

A4 and A3 posters Free
A variety of posters are available for display.

Drink diary and self-help guide £1
This provides information and insights for anyone who wishes to adopt a relatively harm-free style of drinking.

Rory storybook £4.95
A storybook that tackles the issue of harm caused to children because of parental alcohol problems.