

# TIPS TO REDUCE THE HARMS OF ALCOHOL

Supportive options at 'Harbour House'

## DILUTING

Adding water to your alcoholic beverage will help your heart, kidneys and liver work better than drinking alcohol alone.



## BREAKFAST

Have breakfast in the morning before you have a drink. This helps your body process the alcohol more easily and helps to protect your stomach .

## ALCOHOL STORAGE

You can choose to have your alcohol stored in the support office. Staff can work with you to figure out how much you need per day and how frequently you'd like it.



## SET A BUDGET

You may choose to ask the social workers to temporarily hold on to your bank card or some cash for you. You can have it back at any time. This can help make sure you have a conversation about how much money you plan to spend on alcohol before you purchase it.

## PLAN TO DRINK AFTER IMPORTANT PHONE CALLS OR APPOINTMENTS

Pick a pre-determined day of the week and time for conversations with friends and family. On the day of your phonecall or visit, limit drinking until after this scheduled time. This can also be a helpful strategy for medical or other appointments. Doing this can help you get the most out of these interactions.

