



Guide to Safer Alcohol Use

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This package was created by the Healthy U program at the University of Manitoba. Healthy U is a UM student group made up of a team of friendly volunteers who are trained student health educators.

We provide students with validated health information through our health packages and outreach events, online resources, and one-on-one support. Health topics that we provide resources on include mental health, sexual health, physical health, substance use, social and cultural wellness, and finding a balance.

Please reach out to us if you have any questions at:
healthyu@umanitoba.ca



Alcohol and University

While alcohol is part of some student's university experience, it isn't part of everyone's.

1 in 5 U of M students choose not to drink! You won't be the odd one out if you aren't involved with alcohol.*

If you want to go to an event that involves alcohol but you don't want to drink, consider offering to DD! This way you'll still be involved and will be held accountable for not drinking.

If your friends pressure you to drink, reconsider this friendship. You deserve to have friends who respect your boundaries. Have a conversation with them about it, and if they still don't respect you, consider finding new friends.



*Data from spring 2019 NCHA survey

What counts as one drink?



Wine (12% alcohol)

142 mL or 5 oz.



Distilled alcohol (40% alcohol)
(rye, vodka, rum, gin, etc.)

43 mL or 1.5 oz.



Beer (5% alcohol)

341 mL or 12 oz.



Cider/Cooler (5% alcohol)

341 mL or 12 oz.

What is the recommended amount to consume?

The recommended amounts of alcohol to consume has changed as of 2023 (last reviewed 2011), and as science evolves, it has been proven that the more amounts of drinks one consumes, the higher the risks of alcohol-related consequences such as accidents or disease.

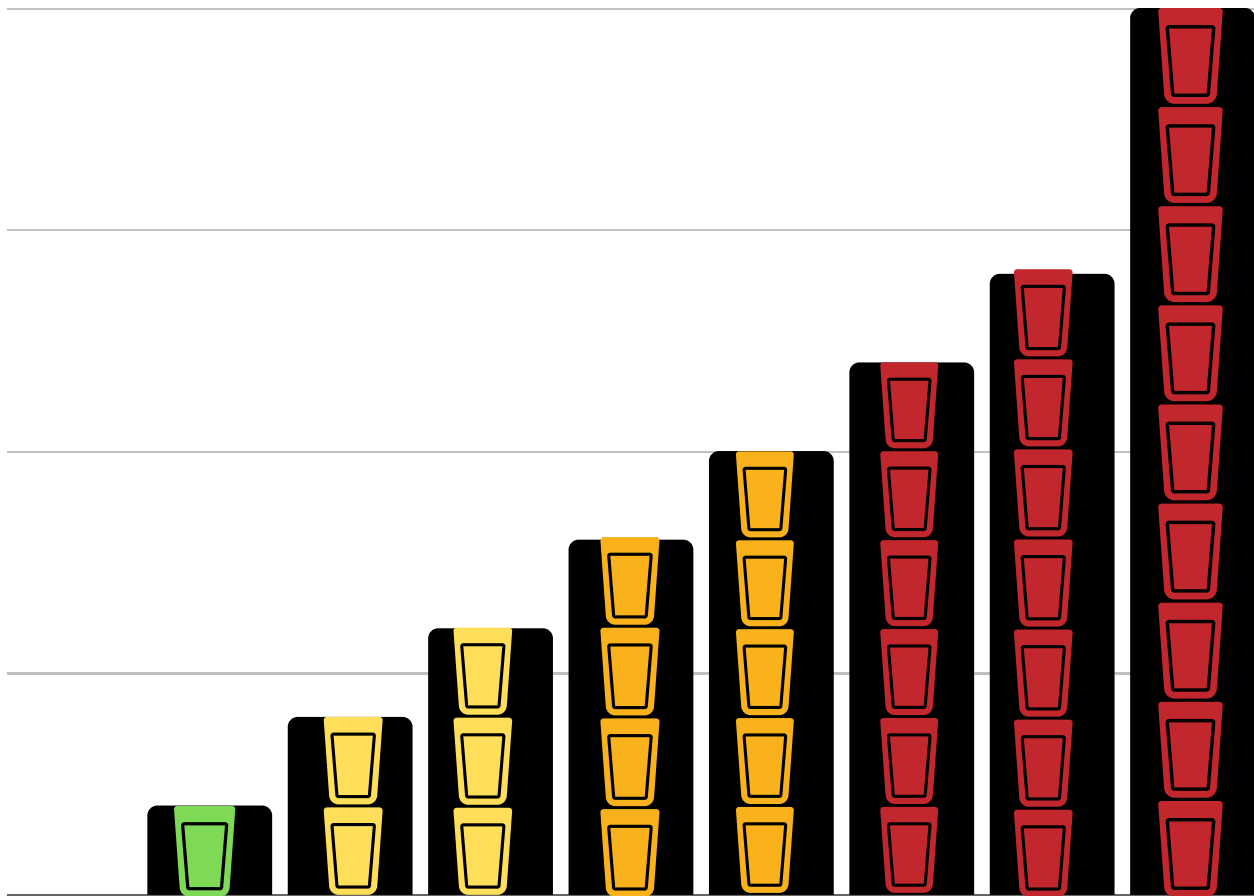
Even small quantities of alcohol can be harmful and may have consequences for **everyone**, no matter the gender, age, or alcohol tolerance.

As of 2023, the new low risk guidelines recommends a **maximum of 1 to 2 drinks per week.**



Screening Tool

The risk of alcohol-caused consequences increased with the number of drinks you have per WEEK.



No Risk

Low Risk

Moderate Risk

Increasingly High Risk

2 drinks of less would help you avoid most of the consequences from alcohol.

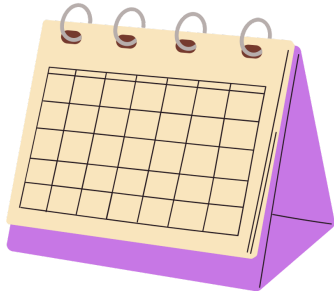
3 to 6 drinks per week increases the risk of developing certain cancers and illnesses.

7 drinks or more increases the risk of developing heart disease or stroke. Each additional drink increases the risk of other health problems and injuries.

Reduction Strategies

Alcohol has no proven health benefits, and although often used in social settings, any reduction of its consumption can be beneficial. How you choose to use is up to you!

For those that may be interested, here are a couple of strategies to reduce alcohol consumption:



Keep track of how much you drink per week, it is never too late to reflect on old habits.

Stick to your limits and set personal boundaries on consumption. Never feel coerced to drink

Try choosing drinks with less alcohol %, or try switching your drinks to some mocktails!
Another way is for every alcoholic drink, have one non-alcoholic. Remember to keep drinking water or sharing a pitcher if you are drinking with friends.



Try to eat salty or savory food when you are drinking, this would avoid risks of rapid intoxication.

Going out?

If alcohol is involved in your plans, here are some tips to stay as safe as possible.

- Plan your ride home before going anywhere.
- Bring your own alcohol if you're not going somewhere that sells it (i.e. someone's house or a bonfire).
- If you're offered a drink you didn't see poured, decline. If someone wants to buy you a drink, go up to the bar with them and take the drink directly from the bartender.
- Keep your drink with you at all times.
- Alternate every alcoholic drink with a non-alcoholic and non-caffeinated one.
- Remember to eat throughout.
- Keep track of how many drinks you've had. Your tolerance won't be the same every time you drink, but you can have a rough idea of how many is too many.
- Have no more than 2 drinks in 3 hours.
- Some medications interact dangerously with alcohol - talk to your Pharmacist before drinking.
- If you're at a bar, note where the security guards are in case you need them later.



Alcohol poisoning

While it may seem like a normal part of partying, alcohol poisoning can be very dangerous. If you or a friend starts feeling unwell, it's time to stop drinking alcohol - more drinks may distract you for the mean time but it'll just make things worse. Get this person somewhere safe - either home or to medical care if needed.

Encourage the person to drink as much water as they can. If they can eat, foods like bread are great because they soak up the alcohol in your stomach (so it won't be absorbed as quickly).

If the person passes out, make sure you roll them onto their side and stay with them. Don't try to feed them anything if they aren't awake.

When to call 911:

- If the person's breathing is irregular or they aren't breathing at all
- If they are passed out and still vomiting
- If you can't find a pulse
- If they're turning blue
- If they don't respond when you pinch them
- If you're concerned that no one is sober enough to help them.

The next day, the person will need to drink lots of water as well as eat some foods that contain sugar (your liver is too busy dealing with the alcohol to maintain your sugar levels for you).

Give your body a break from alcohol for a while - drinking more to cure a hangover is a myth and can add to the damage.

UM Resources

Alcohol

Student Counselling Centre (SCC)

The SCC provides students with supports for their mental wellness. The offer offers individual counselling, workshops, and group and has an Addictions Foundation of Manitoba counsellor on site, throughout the week.

474 UMSU University Centre

204 474-8592

<https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc>

Health and Wellness

The Health and Wellness Educator is a Registered Nurse and available to talk about health and wellness topics.

469 UMSU University Centre (within the SCC)

204-295-9032

healthandwellness@umanitoba.ca

<https://umanitoba.ca/student-supports/health-wellness>

University Health Services (UHS)

UHS provides health care services for UM students.

ACW-Lot temporary trailer (behind the Isbister building)

204-474-8411

<https://umanitoba.ca/student-supports/health-wellness/university-health-service>

Console

Console is a mental health service available to UM students who have insurance through the university. Console offers 24-hour crisis support, daily journal, wellness assessment quizzes, mental health literacy training, and self-guided therapy. Console also connects students with mental health professional support VIA telephone.

https://studentcare.ca/rte/en/IHaveAPlan_UniversityofManitoba_Console_Console

Healthy U

Healthy U provides students with health and wellness resources.

healthyuofm@umanitoba.ca

<https://www.healthyuofm.com/>

Indigenous Student Centre (ISC)

The Indigenous Student Centre welcomes and supports Indigenous students and offers programming for students at any level of study, including Indigenous leadership development. They also provide opportunities for students, staff and the wider community to learn about First Nations, Inuit and Métis culture.

Migizii Agamik - Bald Eagle Lodge

isc@umanitoba.ca

204-474-8850

<https://umanitoba.ca/indigenous/student-experience>

Off Campus Resources

Alcohol

Winnipeg, MB

Addictions Foundation of Manitoba (AFM)

AFM provides resources, courses, and services for people with substance use issues.

Manitoba Addictions Helpline: 1-855-662-6605

<https://afm.mb.ca/>

Manitoba Addictions Helpline

Should you be experiencing challenges with alcohol use, you can phone the MB Addictions Helpline and be connected with a counsellor.

Drop In: River Point Centre, 146 Magnus Ave

General Line: 1-855-662-6605

<http://mbaddictionhelp.ca/>

Rapid Access to Addiction Medicine (RAAM)

The RAAM clinic can provide education, counselling, medication or other supports for those looking to change their substance use. The RAAM clinic is embedded in 2 locations in Winnipeg.

1. River Point Centre 204-644-6209

2. Crisis Response Centre 204 792 7159

<https://afm.mb.ca/programs-and-services/raam/>

Alcoholics Anonymous

Join a group of people who share common experiences and challenges with alcohol use.

<https://aamanitoba.org/meetings>

Al-Anon Group

A group for people to attend who are worried or effected by a loved one's drinking patterns.

<https://al-anon.org>

Online

Canadian Centre on Substance Use and Addiction

Access resources about substance use.

<https://www.ccsa.ca/resources-alcohol>

Centers for Disease Control and Prevention

<https://www.cdc.gov/alcohol/fact-sheets.htm>

Student Mental Health Support Network

Explore this interactive learning module on Alcohol and Substance Use.

<https://rise.articulate.com/share/kS5HH31pjDuJ1dC2CDdiiEiPqFqMK2bw#/>