

"Time, gentlemen, please!" : for many gay men, the scene revolves around bars, pubs and clubs... and alcohol can be the perfect 'social lubricant'... / Camden & Islington Community Health Services NHS Trust ; designed by Eureka! Graphic Design Limited.

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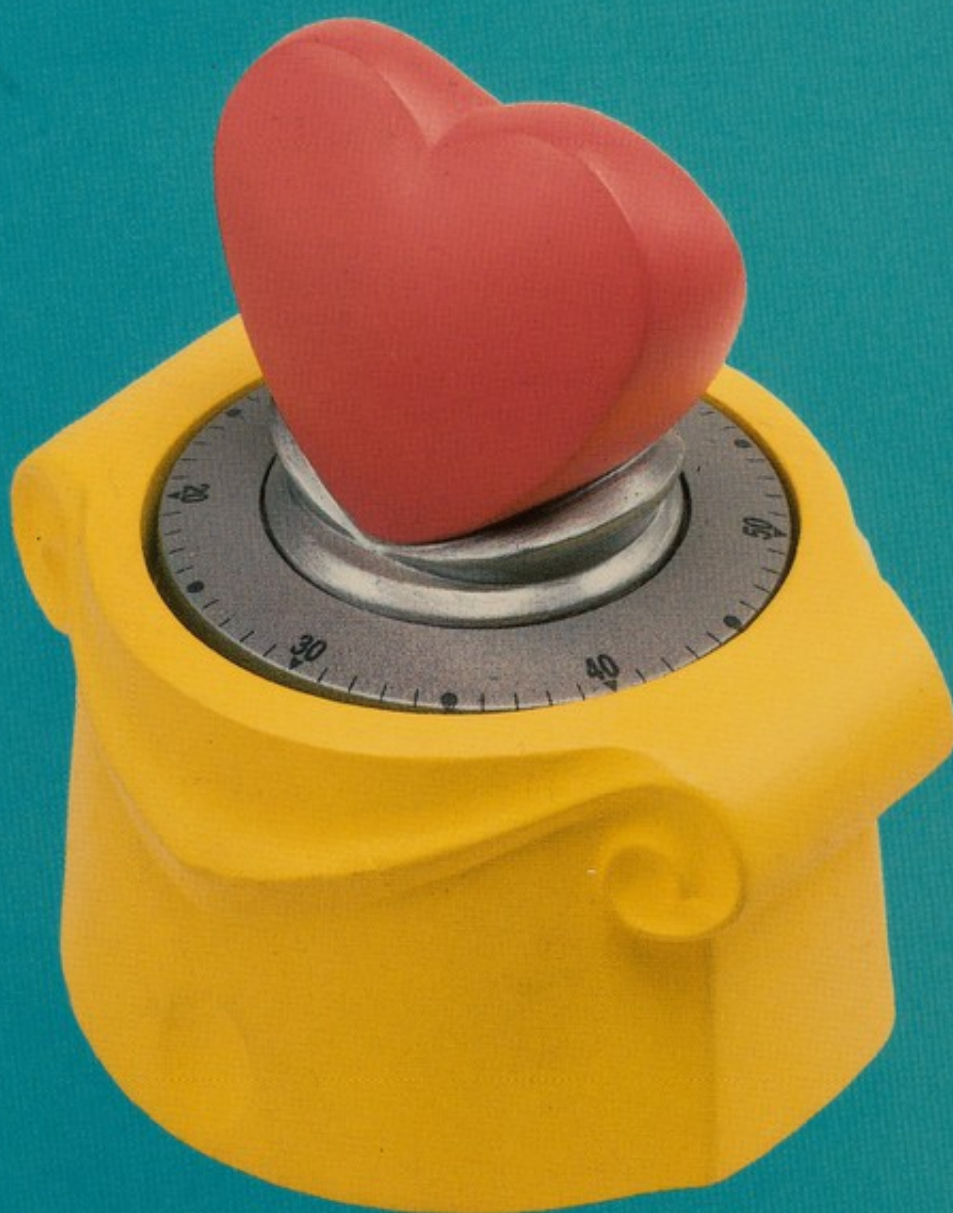
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"Time gentlemen, please!"

For many gay men, the scene revolves around bars, pubs and clubs. They're places where you can be yourself. And alcohol can be the perfect 'social lubricant' – KY jelly for the brain! After a few drinks meeting new friends or the man of your dreams seems a whole lot easier. But it can be easy to lose track of how much you're drinking.

Recent surveys suggest that gay men tend to drink more regularly and more heavily than the national average. Certainly, the pressure to drink on the scene is high. But, in excess, alcohol can be dangerous for your body and your mind.

- The 'safe' drinking limit for men is no more than 4 units per day, with at least one alcohol-free day per week. That's no more than 12 pints of weak draft beer or bottles of beer, 24 pub shots of spirits or 2 1/2 bottles of wine in a week.
- It's better to drink small amounts throughout the week, than a large amount all in one go.
- A good way to cut down on alcohol intake, without appearing like a party pooper, is to try switching to a lower alcohol drink or a smaller amount (e.g. a bottle of Budweiser has about 2 units in it, compared to 4 in a bottle of Grolsch or strong cider such as 'K').
- Alcohol makes a bad mixer with some drugs. It's been fatal mixed with ecstasy, cocaine, heroin, valium and GHB.

If you'd like to find out more about alcohol and its effects or feel that you might benefit from having someone to talk to who understands, call one of the agencies listed below. They're free, totally confidential and there for you...

Clued Up @ Axis drugs information and counselling

for young gay men 26 and under (book an appointment or

just drop-in Thurs, 7 - 9pm at Mortimer Market, Capper St. W1) 0171 530 5050

Lesbian, gay & bisexual alcohol project (counselling and advice) 0171 737 3579

National Drugs Helpline

(free and confidential information and advice, 24 hrs)

0800 77 66 00



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