

Alcohol



Supporting you



ROYAL
HOLLOWAY
UNIVERSITY
OF LONDON

If you are wondering about your drink use, have you considered the following?

- If you choose to drink alcohol have you considered...?
- We recognise some students will choose to drink socially but we ask you to drink responsibly and to consider the health and social impact of alcohol consumption.
- Drinking excessively or binge drinking can lead to health problems, injuries, increase the risk of you being a victim or perpetrator of crime and impact on your academic performance.
- Be aware that the effect of alcohol on you depends on your age, sex, size, weight, how fast you've been drinking, how much you've eaten, your general health and other drugs you might have taken.
- If you drink regularly, your body can build up a tolerance to alcohol and that is why it's important to taking regular breaks from drinking. Have regular alcohol free days to see what positive results you notice.
- You should not regularly exceed 2-3 units a day if you are female and 3-4 units per day in you are male as this will lead to longer term damage to your health, wellbeing, achievement and social life.
- We are happy to discuss any of these issues with students at any time to allow you to make informed decisions about your alcohol consumption.



If you are worried about your or a friends use of alcohol, are feeling pressurised into drinking by others or wish to seek advice please contact us
wellbeing@royalholloway.ac.uk



If alcohol use is causing a disturbance in your Halls of Residence please contact
residentialsupport@royalholloway.ac.uk



RHUL Health, Welfare & Wellbeing



@RHULSupAdv