

## What is safe drinking?

For **women** - 2/3 units daily, not everyday and no more than **14** units a week.

For **men** - 3/4 units daily, not everyday and no more than **21** units per week

## Glossary of Terms

### LGBT

- Lesbian, gay, bisexual and transgender

### Coming out

- The process of telling others about your sexuality

### Heterosexism

- Belief that heterosexuality is the only 'normal' or 'natural' mode of sexual behaviour. Heterosexism is deeply rooted in the culture and institutions of our society

### Homophobia

- Intolerance/fear/hatred or prejudice toward LGBT people.

### Internal Homophobia

- Self loathing/resistance to accepting LGBT sexuality

Please contact us by email or call us for an informal chat if you want to talk about any of this further.

## Additional Information/ Links

Isle of Man LGBT Information  
Carrey Friend  
PO Box 170  
Douglas IM99 1PJ  
Website: [www.gayinfo.org.im](http://www.gayinfo.org.im)  
E-mail: [friend@gayinfo.org.im](mailto:friend@gayinfo.org.im)

Alcohol Concern  
Gay & Lesbian People's Drinking Factsheet  
Tel: 0207 9228667  
Website: [www.alcoholconcern.org.uk](http://www.alcoholconcern.org.uk)

Stonewall - Equality for Lesbians, Gay Men and Bisexuals  
Tel: 0207 8819440  
Website: [www.stonewall.org.uk](http://www.stonewall.org.uk)

## Isle of Man

**A**LCOHOL  
**A**DVISORY  
**S**ERVICE

Lesbian?

Gay?

Bi-sexual?

Transgender?

Drink Everyday?

Binge Drink?

**Could your drinking be causing you a problem?**

**Need advice and support?**

**We can help**

## Who are we?

- The IOM Alcohol Advisory Service is a registered charity and has been operating locally for 27 years.
- We offer help to anyone who is concerned about their or someone else's drinking.
- We are committed to providing a safe and non-judgemental service to **all** sections of our Island community.
- Our service is free, confidential and anonymous. Further information regarding our confidentiality policy will be made available to you during a first appointment.

## Where are we?

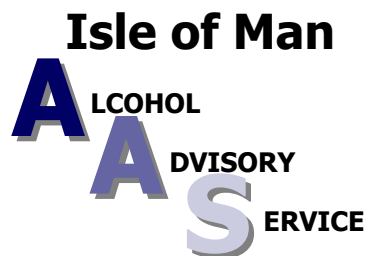
Isle of Man Alcohol Advisory Service  
16 Hope Street, Douglas  
Isle of Man, IM1 1AQ

Tel: 01624 627656

Fax: 01624 610205

Text: 414240

E-mail: [alcoholadvisoryservice@advsys.co.uk](mailto:alcoholadvisoryservice@advsys.co.uk)  
[www.advsys.co.uk/iomalcoholadvisoryservice](http://www.advsys.co.uk/iomalcoholadvisoryservice)



## Why target LGBT People?

LGBT people are as vulnerable to alcohol and drug misuse as anyone else. However research indicates that there may be specific risk factors to consider . . .

- **Coming out** - some people sail through this process, for others it can be difficult - especially on 'The Rock.'
- **Leading a double life** - feeling unable to be open and honest about who you are.
- **Heterosexism/Homophobia** - there is a great pressure in society to conform. This may lead to internal self hatred, isolation, bullying and negative stereo-typing.
- **Lack of support (Informal/Formal)** - no visible peer group, feeling alone. Who can I speak to?
- **Lifestyle** - historically, safe places for LGBT people to meet are centred around drinking venues - the 'Gay Scene'.

This said, we will **not** assume that your drinking is related to your sexual identity - they may be two completely separate issues.

People drink for a variety of reasons, for example:- to socialise, increase confidence, relax, to deal with a personal problem and low self esteem.

This is not an exhaustive list.

*Why do you drink? . . .*

## What's all the fuss about?

If you spread your drinking and stay within safe limits there should be no need to worry - if you don't you could be putting yourself at risk!

Alcohol **misuse** is linked to a number of health and social issues - chronic liver disease, accidental injury, stomach ulcers, STI's, mental ill health (to name a few!) - and it can have a detrimental affect on your personal relationships and working life.

## What are the warning signs of having a drink problem?

- You think you are drinking a lot and depend on it to help with daily life.
- Other people comment on your drinking.
- You suffer from blackouts (whilst drinking), tremors and other withdrawal symptoms.
- You take risks, put yourself in danger or in vulnerable situations when you have been drinking.
- Drinking alcohol is affecting your home/work life

## Types of Drinks

## Units

Normal strength lager/cider (440ml)	2
Strong lager/cider (330ml)	2
Alcopop (330ml)	2
Bottle of wine (700ml-up to abv 9%)	7-9
Bottle of Spirits (700ml)	26-28



*Avoid the Alcohol Trap*