

Get to know your units

**To reduce health risks from alcohol,
drink no more than 14 units a week.**



A new campaign in community pharmacies is encouraging people to be more aware of how much alcohol they drink and the impact it could be having on their health.

The 'Know your units' campaign aims to increase awareness of the [UK Chief Medical Officers' Low Risk Drinking Guidelines](#) of no more than 14 units per week and the health risks associated with drinking in excess of these guidelines. It will run throughout June and July 2025 in Living Well community pharmacies across Northern Ireland.

Living Well is a community-based pharmacy service offered in over 500 pharmacies across Northern Ireland. It is delivered in partnership with the Public Health Agency, Community Pharmacy NI and the Department of Health. The service supports people to improve their health and wellbeing by:

- raising awareness of various public health messages and campaigns;
- sharing of health and wellbeing information;
- signposting to a relevant health professional, service or support in the community;
- using behavioural interventions, if appropriate.

Through the Living Well service, pharmacies help you to address risk factors that contribute to ill health in Northern Ireland.

During the campaign period, members of the public are encouraged to visit their local community pharmacy for advice on their alcohol consumption and to pick up a free unit calculator wheel and [Focus on alcohol leaflet](#).

For more information on unit guidelines and local services that offer help and support, visit www.drugsandalcoholni.info

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