

Celebrate

SAFE & WELL

IT'S UP TO US



REMEMBER,
IT'S POSSIBLE TO HAVE
A GREAT TIME WITHOUT
DRINKING ALCOHOL
OR WITHOUT DRINKING
TOO MUCH.

CELEBRATE SAFE
AND WELL AND
KEEP TRACK OF
HOW MUCH
ALCOHOL YOU
HAVE HAD.



STANDARD DRINK
INFORMATION CAN BE
FOUND ON THE LABEL OF
YOUR ALCOHOLIC DRINK.



IT'S UP TO US TO
RESPECT OURSELVES
AND OTHERS. LOOK OUT
FOR EACH OTHER
WHEN YOU ARE OUT.

IF ANYTHING GOES
WRONG OR IF A FRIEND
GETS SICK OR PASSES
OUT IT IS IMPORTANT TO
CALL TRIPLE ZERO (000)
FOR AN AMBULANCE.



#celebratesafeandwell

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