

## Self-Harm

**01 JANUARY**

The highest number of self-harm presentations occur on **New Year's Day**



Average number of **56** presentations

## Alcohol



Self-harm presentations involving alcohol are highest at **Christmas**

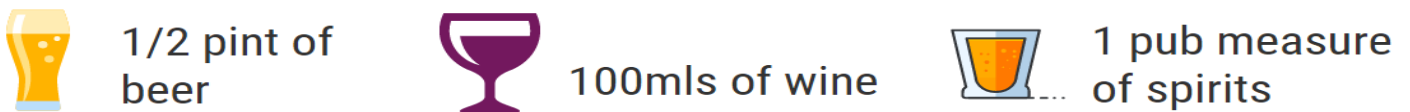
Presentations involving **alcohol 3 times more likely** at Christmas



## This festive season be sure not to engage in unsafe drinking

### What is unsafe drinking?

A standard drink is:



Recommended amount is up to **11 standard drinks** a week for women



Recommended amount is up to **17 standard drinks** a week for men

## Only consume the recommended standard drinks over a week period

### For support please contact:

The Samaritans (116 123)  
Aware (1800 80 48 48)  
Childline (1800 66 66 66)  
Barnardos (01 473 2110)

### For further information on alcohol misuse and abuse, visit:

National Office for Suicide Prevention Little Things Campaign  
Drinkaware.ie  
Alcohol Action Ireland