

Who should I contact if I am worried about my own or someone else's drinking?

If you are concerned about your own or someone else's drinking and would like to speak to someone now, please contact one of the support services below:

Alcohol Support
78 Dee Street
Aberdeen, AB11 6DS
T: 01224 595981

Northern Horizons
9 St Peter Street
Peterhead, AB42 1QB
T: 01779 470490

Cair Scotland
Thainstone Business Centre
Inverurie, AB51 5TB
T: 01467 624240

DA
7 Hadden Street
Aberdeen, AB11 6NU
T: 01224 577120

This leaflet is supported by Aberdeenshire Alcohol & Drug Partnership

www.aberdeenshireadp.org.uk



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The Drink Drive law has changed

...have you?



As of 5th December 2014, Scotland's blood alcohol limit will be reduced from 80mg in every 100 ml of blood, to 50 mg in every 100 ml of blood, bringing Scotland into line with most other European countries.

The likely benefits of a lower limit will be fewer road accidents and fewer casualties, with Scotland's roads currently seeing 20 deaths a year involving drivers who had been drinking and driving.

With the lower limit, how much can someone drink before they are over the limit?

The best approach is to have no alcohol at all if you're intending to get behind the wheel - alcohol at any level impairs driving. Everyone is different in the way they process and digest alcohol, so it's very difficult to accurately estimate the effect of alcohol on your system - so the best approach is don't drink any alcohol at all if you intend to get behind the wheel

Frequently Asked Questions

What happens if you are only just over the limit?

Whether you are just over the limit or well over the limit, in the eyes of the law, you are a drunk driver.

A conviction for driving or attempting to drive whilst above the legal alcohol limit will result in:

- Loss of licence – an automatic 12 month driving ban
- A risk of being fined up to £5,000
- A criminal record – for a minimum of 20 years
- An offence which stays on your licence for 11 years
- A risk of imprisonment
- A risk of having your car sold or crushed

The amount of drink taken makes no difference. Whether just over the limit or well over the limit, in the eyes of the law, you are still a convicted drunk-driver and the consequences are exactly the same. If caught driving over the limit the next morning, you also face the same consequences as if you had been caught the night before.

Causing death by dangerous driving while under the influence of drink/drugs will result in a minimum 2 year driving ban and up to 14 years in prison with an unlimited fine.

Having a criminal record can impact on your life, affecting relationships, job prospects, travel (for example to the USA), insurance premiums, hiring a car and social standing.

Is there a drug driving limit?

Not at the moment but it is anticipated there will be next year. However, the police have a series of tests that can indicate if you are impaired through drugs and the penalties are exactly the same as they are for drink drivers.