

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, please contact one of the support services below:

Y People Orkney

Tel: 01856 87 5815

Email: y-talk@ypeople.org.uk

Facebook: YpeopleOrkney

In School Counselling

Tel: 07960 745004 (June) &

07703 756649 (Renate)

Email: june.therapy@gmail.com &
rentae.therapy@gmail.com

OACAS Youth Counselling

Tel: 01856 874738

Email: youthcounselling@oacas.org.uk

Relationships Scotland Orkney

Tel: 01856 877750

Email: enquiries@rsorkney.org.uk

Orkney Youth Café

Tel: 01856 886499

Email: youth.cafe@gmail.com

Facebook: OrkneyYouthCafe

This leaflet is supported
by Orkney Alcohol &
Drugs Partnership

www.orkneyadp.org.uk



Orkney ADP would like to thank
Aberdeenshire Alcohol and Drug
Partnership for allowing the use of
this publication.

The **Drink Drive**
law has changed

.....have you?



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 100ml of blood, to 50mg in every 100ml 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 road casualties, with Scotland's roads currently seeing 20 death 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 drink driver.

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

- Loss of license—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 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, 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 that 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.