

ALCOHOL

What it is

Alcohol is a depressant drug which slows down body reactions and the working of the brain.

It is found in drinks like beer, lager, cider, wine, spirits and alcopops. Alcopops often contain more alcohol than many beers, lager or cider.



What it can do

- Drinking alcohol can lead to poor coordination and slurred speech.
- Really large amounts can result in double vision and loss of consciousness - risking choking on own vomit which can kill.
- Women get more drunk than men on the same amount of alcohol.
- Alcohol can cause accidents and violence.
- Long-term over-use can lead to serious liver, heart and stomach problems.
- If you already feel down then drinking alcohol can make you feel worse.



What is a Unit?

● The alcohol content of drinks is described in 'units'. Half a pint of ordinary strength beer, a small glass of wine and a pub measure of spirit all have 1 unit



1 Unit



1 Unit



1 Unit

- The daily benchmarks which should have no significant health risks are:
Men 3 to 4 units. Women 2 to 3 units.
- These benchmarks **don't** apply to young people where the effect may be much worse.
- Binge drinking (twice the benchmark in one session), carries particular health risks.

What if I want help?

● If you are having problems with Alcohol or are concerned about a friend or family member, call: **Drinkline Youth 0800 917 8282** or contact **Talk to Frank** free on **0800 77 66 00** or **www.talktofrank.com**

● Some useful websites:

www.drugsuk.org Kent Drug and Alcohol Action Team

www.hea.org.uk Health Education Authority