

Remember

Men and women should drink no more than 3-4 units of alcohol a day

You should have 2 days every week when you do not drink alcohol.



Alcohol

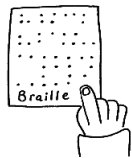
For more information please contact

Name

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This leaflet is available in other languages or formats



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Information for service users

Note for Carers:

Service users should be given support to go through the information in this leaflet and the information may need to be adapted to support individual needs.



There is nothing wrong with having a drink, if you drink in a sensible way.
But drinking too much alcohol can make you ill.

This leaflet tells you about:

- What drinks have alcohol in them.
- What happens if you drink too much.
- How you can cut down or stop drinking.

What can you do?

If you want to stop drinking you need to ask for help.
You need a plan to help you to stop drinking or to cut down.



You can ...



If you drink too much over a long time it can make you very ill.

Alcohol can damage your body in lots of ways.



Brain
Drinking too much alcohol can make you forget things

Liver
Alcohol can damage your liver

Kidneys
Alcohol makes you wee more often. This can dry your body out if you don't drink a lot of water.

Bowels
Alcohol can give you an upset stomach

Heart
Alcohol makes your blood pressure go up- This can make your heart beat faster faster faster faster.

Stomach
Alcohol can cause ulcers

Reproductive System
Alcohol can make it more difficult to have babies

What drinks have alcohol in them?

Some drinks contain more alcohol than others.

These drinks all have alcohol in them.

Beer, lager or cider



Wine

Alco pops



Spirits

This is drinks like whisky and vodka.



People use the word **unit** to say how much alcohol there is in a drink.

Did you know?



It can be dangerous to take alcohol with your tablets or medicines

Ask your doctor if it is safe to drink alcohol with your medication.

Drinking alcohol when you are pregnant could harm your baby.



There are lots of calories in alcohol.

Drinking a lot can make you put on weight.

Alcohol costs a lot of money.



What happens if you drink too much?

When you drink alcohol it can make you feel good but as you drink more you can start to feel dizzy and unwell. This is sometimes called **being drunk**.



If you get drunk you might.....

Have an argument or a fight.



Fall over and hurt yourself.



Forget what you have done.



Feel sick or be sick.

