

What you can do:

- Limit your alcohol intake to no more than 2 units at a time – e.g. one pint or one glass of wine
- When out socially, ask friends and family to support you with this decision
- Ask your GP / ABI Team to help you access special support and advice

If you have had a brain injury, it will take much less alcohol to make you feel drunk

People who access our services are welcome to talk to the Team Manager if they are experiencing any problems with their care.

Useful organisations

The following organisations are independent of CWP, contact details are provided for information purposes only. CWP will not be responsible for any advice or treatment provided by these organisations.

Central Cheshire Alcohol Service

Tel: 01270 580243

Chester Community Alcohol Service

Tel: 01244 347087

East Cheshire Alcohol Service

Tel: 01625 443203

Wirral Alcohol Service

Tel: 0151 488 7363

Dry Out Now

Web: www.dryoutnow.com

Tel: 0845 003 8097

If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff or e-mail cwp.info@nhs.net

আপনার অনুবাদ পরিষেবা বা অন্য ভাষায় এই ডকুমেন্টের একটি কপি, অডিও টেপ, ব্রাইল ব্যক্তির লিখনাদির প্রণালী বা বড় আকারের মুদ্রণ প্রয়োজন হলে, অনুগ্রহ করে CWP কর্মীর একজন সদস্যের সাথে কথা বলুন বা cwp.info@nhs.net এ ইমেল করুন

Os oes angen gwasanaethau cyfieithu neu gopi o'r ddogfen hon arnoch mewn ieithoedd eraill, tâp awdio, Braille, neu brint brasach, siaradwch ag aelod o staff CWP neu e-bostiwrch cwp.info@nhs.net

જો તમને ભાષાંતર સેવાઓની જરૂર હોય અથવા અન્ય ભાષાઓ, ઑડિયો ટેપ, બ્રેઇલ અથવા મોટા અક્ષરોમાં આ દસ્તાવેજની નકલ જોઈતી હોય તો કૃપા કરીને CWP સ્ટાફના સભ્ય સાથે વાત કરો અથવા cwp.info@nhs.net પર ઇ-મેલ કરો

Jeśli wymagane jest tłumaczenie, lub kopia niniejszego dokumentu w innym języku, na kasecie audio, alfabetem Braille'a lub druk większą czcionką, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: cwp.info@nhs.net

如果您需要翻译服务或者需要该文件的其它版本, 录音磁带, 盲文或大字体, 请与CWP的一位员工提出, 或者发电邮至 cwp.info@nhs.net

यदि आपको अनुवाद सेवाएँ, या इस दस्तावेज़ की प्रति किसी अन्य भाषा, ऑडियो टेप, ब्रैल या बड़े अक्षरों में चाहिए, तो कृपया CPW स्टाफ के सदस्य से बात करें या cwp.info@nhs.net पर ईमेल करें

Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: **The PALS, Complaints & Incidents Team**, Trust Headquarters Redesmere, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

For more information see www.cwp.nhs.uk

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Alcohol use after brain injury

The honest facts

Acquired Brain Injury Service
Acorn Suite
1829 Building
Countess of Chester Health Park
Liverpool Road
Chester
CH2 1HJ
Tel: 01244 389252
Fax: 01244 389255

This is what alcohol can do to you:

Poor balance / unsteady

Trips / falls

Slurred speech

Memory blanks

Blurred vision

Difficulty walking

More stropo

Depressed / anxious

If you have also suffered a brain injury,

this will mean a loss of brain cells and the remaining brain cells must work harder to do some of the same activities. Your brain injury may have affected your:

- Walking
- Talking
- Hand control
- Eyesight
- Mood
- Personality
- Thinking skills

People who begin or continue to use alcohol after a brain injury **do not recover as quickly or as completely.**

- If your remaining brain cells are affected by alcohol, they will be much less able to compensate or function.
- If you have been a heavy drinker you may have caused some permanent damage to your brain.
- The good news is that within one year of abstinence most people show some improvements with memory skills.

Alcohol and epilepsy

- If you suffer from epilepsy as a result of your brain injury, alcohol may cause withdrawal seizures – i.e. up to 72 hours after drinking you are at increased risk of a seizure.
- Many people with epilepsy are at increased risk of having a seizure after **3 drinks.**
- Long standing use of alcohol after a brain injury can increase your risk of further seizures.

The side effects of epilepsy tablets and alcohol can be dangerous.

After a brain injury, people who continue to drink alcohol are at a higher risk of another injury

Alcohol and driving

If you have had a brain injury, driving after even just one drink could be dangerous!

Alcohol and acquired brain injury (ABI)

- Having a brain injury can cause problems with balance and walking.
 - Alcohol can make these problems **worse**
- Having a brain injury can cause slurred speech and word-finding problems.
 - Alcohol can make these problems **worse**
- Having a brain injury can cause problems with concentration or memory.
 - Alcohol can make these problems **worse**
- Having a brain injury can cause anxiety and depression.
 - Alcohol can make these problems **worse**
- Having a brain injury can cause increased anger / irritability.
 - Alcohol can make these problems **worse**
- Having a brain injury can cause risk-taking behaviour
 - Alcohol can make these problems **worse**