

Created by Support Plus, 2017



Alcohol



You might want to look at this leaflet with someone you trust
like a healthcare worker

Alcohol

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What is alcohol?



When we talk about alcohol we mean wine, beer, alcopops and spirits like vodka



Alcohol slows down your body and your mind



This is why you may feel more confident and relaxed when you drink alcohol

What is alcohol?



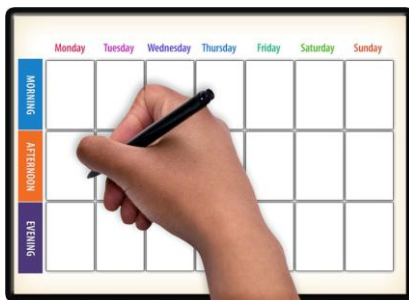
1 unit of alcohol is

a small glass of wine **or**

half a pint of beer **or**

a bottle of alcopops **or**

1 shot of spirits like whisky or vodka



Men and women should not drink

more than **14 units in a week**

You should have at least 2 days a week

when you do not drink alcohol



It is dangerous to mix alcohol with
drugs and medication

Check with your pharmacist if you can

drink alcohol safely with your medication

How does alcohol affect you?

Alcohol affects your whole body and mind

If you start to drink alcohol you might

Forget things

Takes more risks

Be more likely to argue or fight

Be more likely to feel sad or down

Be more likely to get injured

Feel colder

Feel like being sick or be sick

Spend a lot of money on alcohol



How does alcohol affect your body?

If you drink more than 14 units a week your body is at risk of many problems. Even if you feel well, your body is at risk

Below are the different risks to your body

More risk of seizures

Risk of sudden changes in your mood

Risk of heart problems and high blood pressure

Risk of kidney problems

Risk of liver damage

Risk of stomach ulcers.
These are painful

Risk of being overweight. There are many calories in alcoholic drinks

Risk of bowel problems



If you are pregnant, drinking alcohol can harm your baby

How does alcohol affect your feelings?



Drinking for pleasure is when you have an alcoholic drink when celebrating or spending time with other people

Drinking alcohol is a problem when



- you drink alcohol to relax
- you drink alcohol to feel more confident
- you drink alcohol to cope with difficult feelings
- you drink alcohol to forget bad things
- alcohol makes you feel sad or angry
- you feel like you need alcohol every day

How does alcohol affect your feelings?



Drinking alcohol to cope with difficult feelings is a problem. It is a difficult habit to break



When the good effects of alcohol stop working you feel worse

If you drink alcohol for a long time it changes how your brain works. You need more alcohol to feel better. Your brain becomes less able to cope with difficult feelings



Drinking a lot can get in the way of everyday life.

Drinking a lot can make relationships with others difficult

How can I control how much alcohol I drink?

You are not alone. There are many people and services who can help you



If you drink every day, you should book a GP appointment before drinking less.

It may be dangerous to stop suddenly

Drinkline
Alcohol Helpline
0300 123 110

Drinkline is a national alcohol helpline.

Call this helpline if you are worried about your own or someone else's drinking. See the information section for more details

SUPPORT PLUS

There are other ways to cope with difficult feelings. Have a look at our leaflets on depression, anxiety, anger and relaxation

These can be found on our website

www.wales.nhs.uk/supportplus

How can I control how much alcohol I drink?

Tips to help control your drinking



Keep a diary so you know how much alcohol you drink

Choose a few days every week when you will not drink any alcohol



Plan your drinks

Drink from smaller glasses



Use the Drinks Meter App to give you information on how much you are drinking

This can be found at www.drinksmeter.com



One Drink One Click is available on the Apple store for iPhone users who want to keep track of their units

How can I control how much alcohol I drink?

Tips to help control your drinking



Eat healthily so you feel better. Make a list of healthy soft drinks like juice



Do more exercise so you feel better

Keep busy and find other interesting and fun things to do

Spend time with family and friends who don't drink much



Try not to use alcohol to relax. Learn other ways to relax. Take time to find out what works for you



It is difficult to change how we behave. It may take time and effort. You may also need support. You can do it

Make small changes and get support if you need it

How can I control how much alcohol I drink?

Tips for staying safe when drinking alcohol



Eat food before you drink alcohol

Don't let friends put pressure on you to drink alcohol



Don't drink lots of alcohol at home before going to a pub or party

If you are not sure, stick to having one alcoholic drink only



Check if you can drink alcohol with any medication you take

NEVER TAKE DRUGS WITH ALCOHOL

NEVER DRINK AND DRIVE



NEVER GET A LIFT WITH SOMEONE WHO HAS BEEN DRINKING ALCOHOL

TAKE A TAXI INSTEAD

Where to find more information



Samaritans

You can talk to them anytime about how you feel

Freephone 116 123

Website www.samaritans.org

Drinkline
Alcohol Helpline
0300 123 110

Drinkline

You can talk to them if you're worried about your own or someone else's drinking. They are open

Weekdays 9am – 8pm

Weekends 11am – 4pm

Freephone 0300 123 1110

Alcoholics Anonymous (AA)

This is a free self help group that can help you stop drinking if you think you are drinking too much

Freephone 0800 9177 650

Email help@aamail.org



Where to find more information



Your GP

If you have questions about alcohol or want to know more you can speak to your GP



Support Plus website

An easy read website with information on Mental Health

www.wales.nhs.uk/supportplus

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Date Created March 2017

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