# Facts & Advice about Alcohol

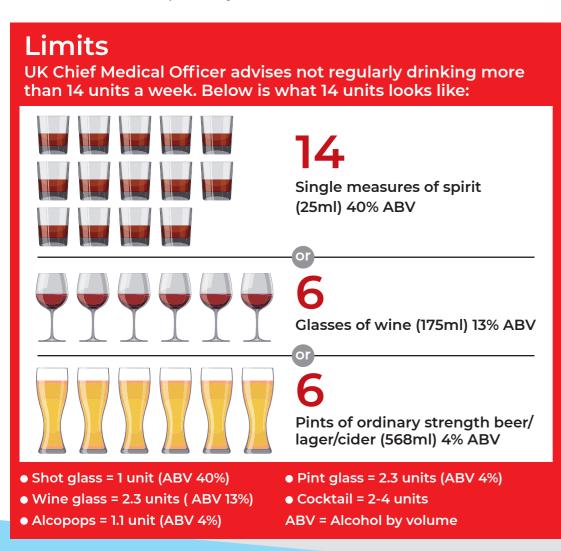




# Worried about you or anothers drinking?

If you're worried that you may be becoming alcohol dependent or are concerned about someone else's drinking, look out for these four warning signs and symptoms:

- Worrying about where your next drink is coming from and planning social, family and univeristy events around alcohol.
- Finding you have a compulsive need to drink and finding it hard to stop once you start.
- Waking up and drinking or feeling the need to have a drink in the morning.
- Suffering from withdrawal symptoms, such as sweating, shaking and nausea, which stop once you drink alcohol.



#### Long term effects Short term effects of alcohol of alcohol Impaired motor skills and BRAIN damage, memory judgement, short term loss, addiction. Break down memory loss, stroke, of NERVOUS SYSTEM headaches, mood swings, supplying limbs violent behaviour & depression Risk of cancer and haemorrhage to Blurred VISION the THROAT & dizziness **HEART** attacks Increased blood and disease pressure Cirrhosis of the Nausea, Vomiting LIVER & alcohol poisoning STOMACH ulcer Unable to walk or talk & gastritis as usual. Increase risks of accidents **PANCREAS-Diabetes** & poor digestion Weakening and pain to MUSCLES Weakness and risk of fracture to BONES

## Harm reduction

- Don't drink in the first instance.
- Never drink and drive.
- Know your limits if you're acting out of character, be aware, it's because of the alcohols effect on your mind and body.
- Try to drink no more than 2 units in any 3 hour period.
- Dont binge drink- If you regularly drink as much as 14 units per week, spread your drinking evenly over three or more days. If you have one or two heavy drinking episodes a week, you increase your risk of long-term illness and injury.
- Drink water between alcoholic drinks.
- Eat food before and whilst drinking
- Stay with friends-dont go off alone
- Drink in safe environments and dont leave your drink unattended.
- If you feel unwell, stay with a friend or seek medical assitance.

### **NEED HELP AND ADVICE?**

Call free: 0300 7904044.
Email: SWANSEA@newidcymru.co.uk
FOR HARM REDUCTION ADVICE VISIT:
www.newidcymru.co.uk
WANT TO REPORT SOMETHING?
www.south-wales.police.uk/contact/af/contact-us















