

Alcohol

Information for service users



Easy Read

A member of staff or a carer can support you to read this booklet. They will be able to answer any questions that you have.



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
- Binge drinking

What drinks have alcohol in them?

These drinks all have alcohol in them:



Beer, lager or cider



Wine



Alco pops



Spirits

Drinks like whisky, vodka, gin and brandy.

People use **units** to say how strong the alcohol is in a drink. The **higher** the number of units the **stronger** the drink. There is a separate chart to show you what this means.

Did you know...



It can be dangerous to mix alcohol and drugs.

You should ask your doctor if it is safe to drink alcohol with your medication.



Drinking alcohol when you are pregnant could harm your baby.



Drinking a lot can make you put on weight.

What happens if you drink too much?



When you drink alcohol it can make you feel good at first. As you drink more you will start to lose control.

If you get drunk you might...



Have an argument or a fight.



Fall over and hurt yourself.



Forget what you have done.

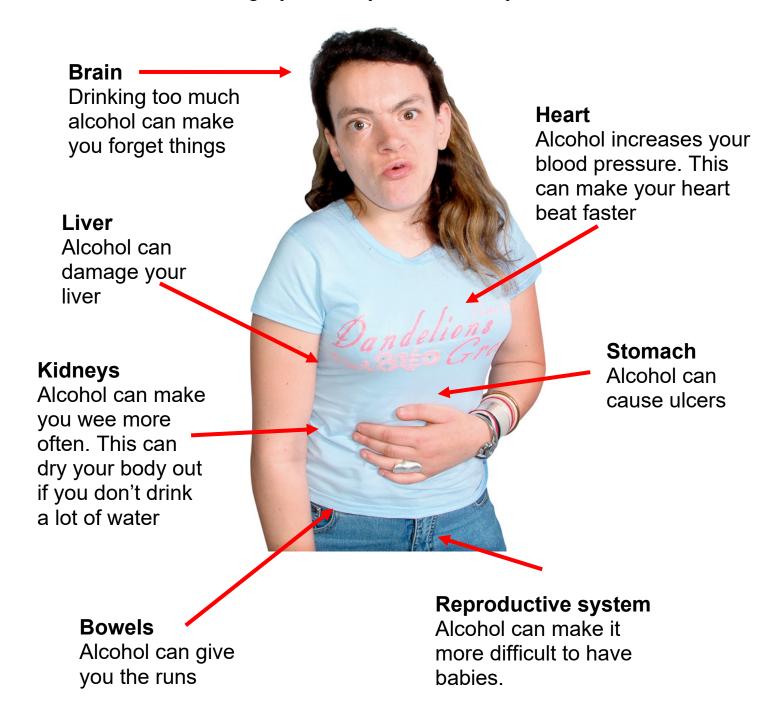


Feel sick or be sick.

Does drinking too much affect my body?

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

Alcohol can damage your body in lots of ways.



Remember



Men should not drink more than 2 or 3 units a day.



Women should not drink more than 2 or 3 units a day.



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

What is binge drinking?



Binge drinking is drinking a lot in a short space of time.



Drinking alcohol quickly means you will get drunk sooner.



For example, drinking 2 large glasses of wine or strong beer in an hour will raise your blood alcohol concentration and make you drunk very quickly.





Drinking the same amount over a longer time, like with a meal, will not have the same effect on your blood alcohol concentration.



Remember you do not need to drink alcohol every day to be a binge drinker.

You could be a binge drinker if you regularly drink:-

- To get drunk
- Drink more than the recommended daily guidelines in a single session.
- Quickly
- You find it hard to stop once you have started drinking.



	For more information please contact:
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Based on a leaflet developed by Cheshire and Wirral Partnership NHS Foundation Trust





Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

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