

Alcohol



Known as
Booze, sauce, juice



How it's used
Alcohol is consumed either on its own or mixed with soft drinks



How it can make you feel
Relaxed, outgoing, sociable, uncoordinated, blurred vision, nauseous, drowsy



How long it lasts
Can last for several hours, usually first being felt 1 – 2 hours after consumption



Important to know

Alcohol is a central nervous system depressant. This means it slows the heart rate and breathing.



What it can do

- Impair coordination and affect judgement, increasing the risks of accidents
- Increase the risk of throat, mouth, liver and breast cancers
- Cause alcohol poisoning
- Affect the liver, including fatty liver, fibrosis and cirrhosis
- Make it more likely to develop heart disease, high blood pressure and strokes
- Reduce fertility
- Cause premature birth, low birth weight and foetal alcohol syndrome in babies
- Increase depression and anxiety

How to reduce the risks

- Eat before drinking, so alcohol is absorbed more slowly
- Avoid mixing with other substances, especially depressants
- Drink plenty of water and alternate between alcohol and soft drinks
- Buy your own drinks, rather than drinking in rounds, to avoid drinking more than planned
- After drinking, don't drive, use the oven or hob or take a bath
- Think about consent and carry condoms if you plan to have sex
- Have at least 3 non-consecutive days without alcohol per week
- If you're reliant, don't stop suddenly as withdrawal can cause fatal seizures



If you or anyone you are with are unwell, call 999 or seek medical help straight away



If you would like information, advice or support with substance use, visit www.inspireservice.co.uk

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