

You can use this space to write notes or a plan to help you cut down or stop drinking alcohol

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# Alcohol



## What drinks have alcohol in them?

Some drinks contain more alcohol than others.  
These drinks all have alcohol in them.

### Beer, lager or cider



### Wine



### Alco pops



### Spirits (drinks like whisky and vodka)



People use the word **unit** to say how much alcohol there is in a drink.

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## Did you know?

It can be dangerous to mix alcohol and medicines  
Ask your doctor if it is safe to drink alcohol with your medication.



If you drink alcohol when you are pregnant it can harm your baby.

If you are worried about how much alcohol you drink or if you would like to stop drinking alcohol there are people that can help you.

Inclusion are an organisation that help people who want to cut down or stop drinking alcohol.

You can call Inclusion on **0300 555 0101**

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

Alcohol can damage your body in lots of ways.

**Brain**

Drinking too much alcohol can make you forget things

**Heart**

Alcohol increases your blood pressure. This can make your heart beat faster

**Liver**

Alcohol can damage your liver

**Kidneys**

Alcohol makes you wee more often. This can dry your body out if you don't drink a lot of water.



**Stomach**

Alcohol can cause ulcers

**Reproductive System**

Alcohol can make it more difficult to have babies

**Bowels**

Alcohol can give you the runs

**How much is a unit?**

One unit is 10 ml of pure alcohol. It takes an average adult around an hour to process this so that there's none left in their bloodstream, although this varies from person to person.

The number of units depends on the size and strength of your drink .

A small glass (125ml) of **wine** that is 14% strength is **1.8 units**



A large 175ml glass of that is 14% strength is **2.4 units**

1 pint of **beer** that is 4% strength is **2.3 units** of alcohol



1 pint of **cider** that is 5% strength is **2.8 units** of alcohol

A 25ml pub measure of **clear spirits** (vodka, gin, Bacardi) is **0.9 units**

A 25 ml pub measure of **dark spirits** (whisky, rum, brandy) is **1 unit**



You can see that the units quickly add up.

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



You should not drink more than 14 units per week



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

Alcohol also contains a lot of calories so if you are watching your weight you need to remember to count calories in your drinks too.

Drinking alcohol could lead to you taking more risks than usual.

Alcohol also costs a lot of money



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## What happens if you drink too much?

When you drink alcohol it can make you feel good but as you drink more you can 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 or do something unsafe



Feel sick or be sick



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