

Alcohol

WHAT YOU NEED TO KNOW



Do you know of a person using alcohol? However, they declined a referral to for support? Here is some helpful information. Please approach conversations with respect and no judgement



Questions to ask

How old are you?

Drinking from a young age significantly increases the risk of alcohol-related problems later in life. UK unit guidance does not apply to under-18s - there is no "safe" amount for this age group. Anyone under 18 who is drinking should be offered support or referred for specialist input.

How often are you drinking - and how much?

Frequency and quantity help assess risk. Binge drinking (drinking a lot in one session) is more harmful than regular low-level use and increases the risk of accidents, blackouts, and alcohol poisoning.

Are you mixing alcohol with other substances?

Combining alcohol with drugs (especially ketamine, benzos, or MDMA) increases the risk of blackout, vomiting, respiratory depression, or overdose.

Impact on Health



Liver Damage

Alcohol use increases the risk of long-term liver conditions, including fatty liver and cirrhosis. Risk increases in young people



Stomach Issues

Can cause nausea, vomiting, gastritis, and long-term problems like ulcers or acid reflux.



Hormonal Disruption

Alcohol can interfere with hormone levels, potentially impacting things like mood, fertility, and menstrual cycles.



Brain Function

Regular drinking can affect concentration, memory, and decision-making. The brain is still developing into the mid-20s, so alcohol can have a greater long-term effect in younger people.

Harm Reduction



Eat before drinking - helps slow alcohol absorption and reduces the risk of getting sick or blacking out.



Have a sober sitter or someone not using substances



Avoid mixing with drugs. Combining alcohol with drugs increases the risk of overdose and blackouts.



Alternate with water or soft drinks - slows down drinking and helps prevent dehydration and hangovers.



Go low and slow if you haven't used in a while. (Low doses, take breaks)

Reducing

Thinking about reducing alcohol?

It's great to want to make a change - but alcohol withdrawal can be risky for some people, especially if drinking daily or heavily. We recommend speaking with ourselves, GP, or alcohol service before making big changes. You don't have to do it alone - there's help available.

For those not ready to stop, we can help you explore safer drinking habits and make a plan when you're ready.