

What is alcohol?

Alcohol is a depressant that slows down brain and body functions. One standard alcoholic drink takes at least one hour to leave the body.

Did you know?

Alcohol affects young people differently to adults.



During use it can make you feel:

Energetic
Talkative
More confident
Energetic
Relaxed
Happy

Flushed

More emotional
Uncoordinated

Memory loss
Loss of judgement

Vomiting
Death

Afterwards, signs of a hangover can be:



Thirsty

Headaches

Sick

Tired

Difficulty concentrating

Anxious

Low mood

This may last several hours

If someone is:

Confused and vomiting

Breathing slowly, pale skin,
blue lips

Losing consciousness

Having seizures

Then:

Call 111

Stay with them

Keep them awake and warm

Give them water

Lie them on their side with
open airways



Be safer with alcohol by:

- Eating before drinking
- Counting standard drinks
- Knowing your limits and its effects on you
- Avoid mixing with other drugs or medications
- Avoiding while pregnant

When going out, keep safe:

Go out with people you trust

Keep an eye on your drink

Know how you are getting home

Always look out for your mates

Consider making changes if:

Drinking and/or hangovers affecting relationships, study or work

Bad things happen when you're drunk

Unpleasant effects outweigh the pleasant effects

Get support to make changes if:

Driving while drunk

Drinking by yourself

Spending more time/money on alcohol than you want

Always thinking about alcohol

Others are concerned about your drinking

Seek professional help if you or someone you know is:

- Having to drink more to get the same effect
- Finding it hard to stop drinking
- Experiencing withdrawal effects when you stop
- Having suicidal thoughts

For support and information contact:

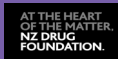
Alcohol Drug Helpline Txt 8681

Call 0800 787 797

drugfoundation.org.nz

optforwellbeing.org

alcohol.org.nz



ABOUT ALCOHOL



Āta haere i a koe e hōpara I te ao
Take care as you explore the world