

## 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  
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 experiencing:

Confusion and vomiting

Slow breathing, pale skin,  
blue lips

Loss of consciousness

Seizures

## Then:

Call 111 for an ambulance

Lie them on their side with  
open airways

Stay with them

Keep them awake and warm

Give them water



## 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
- > Not using 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](http://drugfoundation.org.nz)

[wharaurau.org.nz/taiohi.org](http://wharaurau.org.nz/taiohi.org)

[TheLevel.org.nz](http://TheLevel.org.nz)



# ALCOHOL



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