

Alcohol

0 to 19
TORBAY
for you



Alcohol is a depressant drug affecting areas of the brain that control cognitive and motor functions.

A depressant slows down body parts controlled by the central nervous system and slows brain activity. It also decreases blood pressure, alertness, respiration, and slows the heart rate.



Effects

Alcohol can have varied effects:

- Increased aggression, fighting or domestic violence.
- Trouble with the law.
- Unprotected sex, leading to unplanned pregnancy and STI's.
- Friendship / relationship breakdown.
- Related health issues.
- Accidents.
- Overdose / death.

If you are concerned about alcohol use, you can make an appointment to speak with a CheckPoint worker:

Call **01803 290330** 9am-5pm
Monday to Friday



Risks

Medium and long-term risks:

| Physical | Psychological | Social |
|---|-------------------------|--|
| Cancer (<i>mouth, throat, larynx, liver, breast, etc.</i>) | Depression | Legal issues |
| Heart disease | Psychological addiction | Relationship and friendship difficulties |
| Liver damage | Memory problems | Effects on work/study performance |
| Dementia | Blackouts | Anti-social behaviour |
| Thiamine deficiency | Damage to brain cells | |
| Physical addiction | | |