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.

During use it can make you feel:
- Energetic
- Talkative
- More confident
- Energetic
- Relaxed
- Happy
- 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

Did you know?
Alcohol affects young people differently to adults.

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
- Avoiding 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

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