**DRINKING & BEHAVIOUR**

**IT IS UNSAFE FOR YOUNG PEOPLE TO DRINK ALCOHOL & ILLEGAL FOR YOUNG PEOPLE UNDER 18 TO DRINK ALCOHOL**

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**A CONTINUUM OF USE & ABUSE**

**NO DRINKING**
- Drinks less than once a month.
- Limits drinks to 1-3 drinks.
- Drunk only a few times in life.

**LIGHT**
- Drinks 1-4 times a month.
  - 1-3 drinks at a time.
  - Occasionally tipsy.
  - Drunk a few times a year.

**LOW RISK**

**SOCIAL**
- *Adult Women* drink less than 11 standard drinks per week.
- *Adult Men* drink less than 17 standard drinks per week.
- 2 Alcohol Free Days per Week.

**BINGE DRINKING**
- Drinking more than 6 standard drinks (3 Pints of Beer) on one occasion.
- When you drink, you often drink too much.
- Problems can include:
  - Family (quarrels, arguments)
  - Job (misses work occasionally)
  - Money (insurance rate increases)
  - Law (arrests or litigation)
  - Sex (impairment or promiscuity)

**PROBLEM DRINKING**
- Regularly drinking more than you meant to; needing to drink even though alcohol is causing problems.
- Drinking related problems tend to increase over time (and increased use) and may include arrests and legal difficulties; family and relationship problems; missed work or lost jobs; money problems and unpaid bills; interpersonal issues (arguments, injuries); sexual dysfunction (impotence, frigidity); and health problems.

**HEAVY DRINKING**
- Regularly lose control of your drinking or cannot stop drinking once you start. Unable to predict the amount, frequency, duration, or effects of drinking.
- Symptoms include:
  - Changes in tolerance.
  - Withdrawal effects.
  - Frequent blackouts.
  - Serious health problems.

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**NO SERIOUS PROBLEMS RELATED TO DRINKING**

**INCREASINGLY SERIOUS PROBLEMS CAUSED (OR INTENSIFIED) BY DRINKING**

**BOTTOM LINE:** THE MORE YOU DRINK, THE GREATER YOUR RISK OF ALCOHOL-RELATED HARM.

(And you don't have to create more problems for yourself before you do something about it.)

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**IF YOU ARE WORRIED ABOUT SOMEONE'S ALCOHOL USE YOU SHOULD SPEAK WITH YOUR GP.**
- South Doc 1850 335 999
- Kerry University Hospital Emergency Dept (066) 7184000

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Community Based Drugs & Alcohol Initiative Projects provide support to young people in the community & their families who may be experiencing difficulties with alcohol or drugs.
- Tralee (087) 6708702
- Killarney (085) 8501296
- Listowel (087) 9263803

HSE Addiction Counselling & Advisory Service provides community based counselling & advice to individuals & concerned persons.
- Brandon House, Tralee (076) 108 3000

Arbour House Addiction Treatment Centre serves Cork & Kerry and provides assessment, treatment & counselling for adolescents & adults with alcohol, drug or gambling addictions.
- St Finbarr’s Hospital, Douglas Road, Cork. (021) 4968933

Cara Lodge Adolescent Treatment Centre for Teens Provides a residential treatment programme in a multi-disciplinary environment for boys with alcohol, drug or gambling addictions.
- Ahiohill, Enniskeane, Co Cork. (023) 8839000

Aislinn Adolescent Addiction Treatment Centre Provides assessment, treatment & counselling for adolescents & adults with alcohol, drug or gambling addictions.
- Ballyragget, Co Kilkenny (056) 8833777

Talbot Grove Treatment Centre Is a 30 day residential treatment centre for adults suffering from addiction.
- Castleisland, Co Kerry (066) 7141511

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www.askaboutalcohol.ie