DRINKING & BEHAVIOUR

CYPSC
CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES
Kerry

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

A CONTINUUM OF USE & ABUSE

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

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.

NO DRINKING — **LIGHT** — **SOCIAL** — **LOW RISK** — **BINGE DRINKING** — **PROBLEM DRINKING** — **HEAVY DRINKING** — **ALCOHOL DEPENDENCY**

abstinence

addiction

Drinks less than once a month.
Limits drinks to 1-3 drinks.
Drunk only a few times in life.

* **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.

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

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)

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.

- Sneaking drinks, lies, excuses
- Morning drinking
- Benders or binges
- Shakes, delirium tremors
- Hospitalization
- Death

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.)

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

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

www.askaboutalcohol.ie