THINK
About Alcohol

A BOOKLET FOR YOUNG PEOPLE AND THEIR PARENTS ON ALCOHOL
KERRY CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEE

WWW.KERRYCHILDRENSSERVICES.COM

THINK
About Alcohol

The Kerry Children's Services Committee, now Kerry Children and Young People's Services Committee, was established in September 2010 and has established working groups to address issues which have a significant impact on the lives of children, young people and their families including Drugs and Alcohol.

This booklet provides information on alcohol for young people and their parents to help them discuss drinking openly and honestly. It looks at how drinking alcohol might affect young people and highlights the services that are available when help is needed. You can also log on to our Drugs & Alcohol webpage for more information:
http://www.kerrychildrensservices.com/drugs-alcohol.html

This booklet is not for a substitute for talking to someone who is trained to help you. If you are concerned about your own alcohol use or the alcohol use of someone you care about you should talk to someone you trust like your GP, health board or school. They can advise you about alcohol & drugs counselling services in Kerry. Contact details of services and supports are provided throughout this booklet.

Kerry Children and Young People's Services Committee would like to thank the many young people throughout Co. Kerry who helped develop this booklet; in particular we would like to thank the members of Kerry Comhairle na nÓg, Jigsaw Kerry, the students of Scoil Phobail Sliabh Luachra, Rathmore; Killarney Community College, St Brigid's Presentation and St Brendan's College, Killarney; Transforum Alley and LCA YouthReach Tralee and KDYS YouthReach Killarney.

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WHAT IS ALCOHOL?

Alcohol is a drug that is absorbed from the stomach into the bloodstream. It is a drug that changes the way the body works; it affects the mind, the body and the emotions. Alcohol affects the central nervous system. This means it affects our breathing and heart rate, as well as how we think, feel, perceive things and behave. Alcohol is a depressant; this means it can make you feel sad.

Things to remember about alcohol

- Alcohol is a Drug – Alcohol is a Depressant.
- Teenage Drinking is Risky because your body, mind and emotions are still maturing and are more vulnerable to the effects of alcohol.
- Alcohol is high in calories.
- Alcohol affects our mental health and well-being.
- 88 deaths every month in Ireland are directly attributable to alcohol.
- One in eleven children in Ireland say parental alcohol use has a negative effect on their lives – that is about 109,684 children.
- There are 1,200 cases of cancer each year from alcohol in Ireland.
- One in four deaths of young men aged 15-39 in Ireland is due to alcohol .
- One in three road crash deaths is alcohol-related.

Alcohol is the oldest and most widely used drug in the world

Drinking alcohol can be a problem e.g. fights, arguments, money troubles, family upsets, unsafe sex and crisis pregnancies are often a result of having had too much to drink. Alcohol can be the cause of hospital admissions for physical illness and accidents. It is also important to remember that alcohol has the potential to be addictive. Alcohol consumption often clouds our judgement which can result in embarrassing or dangerous behaviour.

If you are worried about someone you care about don't be afraid to:

- **Talk to an adult you trust**
- **Ask for and accept help**

TEENAGERS & ALCOHOL USE

The Good News Is:

Nearly half of school-going children have never had a drink and the number of teenagers under 15 years experimenting with alcohol has dropped. Research shows that some teenagers start to drink because they wrongly think "everyone is doing it!" Most teenagers only experiment with alcohol or use it for recreation. However, some can use alcohol in a way that is problematic.The legal age for drinking alcohol is 18. However many teenagers drink regularly before the age of 18.

If a teenager drinks alcohol before they are 15 they are:

- Four times more likely to develop alcohol dependency than those who wait until they are 21.
- Seven times more likely to be in a car crash because of drinking alcohol.
- 11 times more likely to suffer unintentional injuries after drinking.

What is a standard drink?

1 standard drink contains 10g of pure alcohol

1SD = Half pint Beer/Stout/Ale **or** Pub Measure Spirit **or** Small glass of Wine

and some drinks are more than 1 standard drink 10g of pure alcohol

2SD Pint Beer/ Stout/Ale

2SD Double Pub Measure Spirit

2SD Pint Cider

2SD Lrg Btl of Alcopop

2SD 1/4 Btl of Wine

2SD Lrg Can of Beer

8SD Btl of Wine

Caution: These guidelines do not apply to young people under 18 years old or to people who are ill, run down, on medication or to children. It is not advisable for women to consume alcohol if pregnant or trying to conceive.

Low Risk Drinking Guidelines:

For drinking to be considered 'low risk', the Department of Health and Children currently advises:
Adult women should drink less than 11 standard drinks per week & 2 alcohol free days;
Adult men should drink less than 17 standard drinks per week & 2 alcohol free days.
Drinking 6 or more standard drinks (3 pints of beer) on one occasion is considered binge drinking.
These are low risk weekly limits, which should be spread over the week.

- www.drugs.ie
- www.yourdrinking.ie
- www.spunout.ie
- www.drinkaware.ie
- www.alcoholireland.ie
- Al-Anon www.al-anon-ireland.org
- www.alcoholicsanonymous.ie 01 842 0700
- HSE Addiction Counselling Service 076 1083000 or 066 7184968
- Aislinn Addiction Treatment Centre 056 8833777
- Cara Lodge Adolescent Treatment Centre 023 8839000
- Southern Regional Drugs Task Force www.srdtf.ie 021 4930100

HOW CAN ALCOHOL USE AFFECT TEENAGERS?

Alcohol affects each person differently. The effects of alcohol will depend on who is drinking it, what they are drinking, where they are drinking, previous food intake, other substances used and the individual's mood, build/size and metabolism. Alcohol is primarily a depressant drug and can make you sad; however early on it can make the person more animated, lively and talkative. As more alcohol is consumed the depressant effects of alcohol become more evident as reactions and muscle control slow down. At higher doses, the drinker may become drowsy, slur speech and have difficulty standing and understanding. Finally, the drinker may become unconscious. In the short-term alcohol can cause nausea, vomiting, excessive urination, impaired memory and poor judgement.

Hangovers: Excessive alcohol use often causes a hangover; symptoms include nausea, aches in the lower back, headache, sensitivity to light and sound, and a general sense of feeling unwell. These symptoms result from high levels of dehydration /water loss.

Poor School Performance: Teenagers who use alcohol may remember less of what they have learned which affects their work at school, especially at exam time.

Loss of Fitness & Weight Gain: Studies show that not only does alcohol contain 'empty' calories i.e. calories that do not have any nutritional value, it also impairs the body's ability to burn stored fat. Drinking alcohol increases appetite, decreases the production of testosterone and increases that of cortisone, a muscle-destroying hormone. A decrease in testosterone can affect a male's sexual drive and it can also have an effect on weight, especially when trying to build and tone muscles. Drinking alcohol also affects muscle distribution. In simpler terms, more fat goes around the waist and there is less overall muscle mass in the body.

Unsafe Sex: Drinking alcohol impairs judgement and decision making; there is a strong link between drinking alcohol and not using contraception. This can lead to crisis pregnancy and increased risk of getting sexually transmitted infections.

Risky Behaviour: The main causes of death among young people aged 16-25 are accidents, suicide and violence. Alcohol is often involved in these cases. Drinking alcohol is also linked to anti-social behaviour and difficulties with the Gardaí.

If you are concerned about your drinking or the drinking of someone you care about

Community Based Drugs and Alcohol Initiative Projects provide support to young people in the community and their families who may be experiencing difficulties with drugs or alcohol.

- **Tralee: (087) 6708702**
- **Killarney: (085) 8501296**
- **Listowel: (087) 9263803**

- **Speak to an adult you trust or your GP**
- www.yourdrinking.ie
- www.drinkaware.ie
- www.spunout.ie
- HSE Addiction Counselling Service 076 1083000
- Kerry Empowering Youth Justice Project carolineduane@kdys.ie 066 7121674

HOW CAN ALCOHOL USE AFFECT TEENAGERS?

Alcohol use among teenagers can have a serious effect on their mental and physical health.
Here are some examples of the negative effects of teenage alcohol use:

RESPONSIBLE USE OF ALCOHOL

Just like driving a car alcohol consumption requires maturity and responsibility. For this reason postponing your first drink to an appropriate age is a really good idea. This protects your brain from potential damage and also reduces the risks of some of the negative consequences of drinking alcohol.

A central message of this booklet is that it is both UNSAFE and ILLEGAL* to drink alcohol if you are under 18 years old. It is also unsafe to drink alcohol irresponsibly at any age – young or old. However if you're going to drink, then learn how to minimise the damage:

- **Eat before starting drinking:** This slows down the rate that alcohol is absorbed into the body.
- **Drink slowly:** Gulping down three drinks in an hour just because you're excited to be out is dangerous. Avoid drinking at other peoples pace. Stay away from rounds, shots and "drinking games". Binge drinking is a huge problem in Ireland. It is damaging to health and in particular the brain (which is important!).
- **Stay busy:** Walk, talk, dance – don't just sit and drink.
- If you feel yourself getting drunk, then **Slow Down or Stop Until You Sober Up Again**. This means that at the end of the night you've less chance of being the drunken eejit with vomit on their clothes.
- **Drink lots of water** or a non-alcoholic drink while you're drinking alcohol. Before you go to bed, drink as much water as you can. It will stop you getting too dehydrated (that's what causes the hangover headache).
- **Be assertive:** Don't be pressured into drinking more than you want to.
- **Don't accept drink from strangers** and don't steal drinks from other tables.
- **Keep an eye on friends:** If any of them are drunk **Make Sure They Get Home Safely** and don't let them do anything they might feel bad about the next day! Make sure you also have a safe way home.

Worried About Your Drinking?

If you are worried about how much you are drinking, what you are like when you drink or if you cannot seem to stop, **Talk to Someone about It.** There are many people in a similar situation, so there's lots of advice and support out there and there's nothing to feel ashamed of. **Talk to a friend, family member, doctor or a counsellor.** Your GP is often a good place to start.

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*See pages 16 and 17 for further information on Alcohol and the Law.

RESPONSIBLE USE OF ALCOHOL

Many adults drink alcohol safely and responsibly. There are no guidelines for the safe use of alcohol by people under the age of 18! **Low risk weekly guidelines and advice for Adults' Alcohol Use are:**

BE SMART - DON'T START!

HARMFUL & BINGE DRINKING

Harmful drinking is drinking at levels that lead to significant harm to physical and mental health and at levels that may be causing substantial harm to others. Examples include liver damage or cirrhosis, dependence on alcohol and substantial stress or aggression in the family.

You are at the highest risk of such alcohol related harm if you are a

- **Woman** who regularly drinks 29 or more standard drinks per week
- **Man** who regularly drinks 41 or more standard drinks per week

Women who drink heavily during pregnancy put their babies at particular risk of developing Foetal Alcohol Syndrome or Foetal Alcohol Spectrum Disorder. These disorders lead to lifelong intellectual and behavioural problems for their child.

Binge drinking is a term used to describe an occasion when we drink too much. It is when we have 6 or more standard drinks. It is commonly called getting 'locked' or 'hammered'. Binge drinking has both immediate & short term risks to the drinker and those around them.

How long do the effects of alcohol last?

The effects of alcohol can be felt within 5 or 10 minutes of drinking. It takes one hour for every standard drink you take to work through your system.

Drinking black coffee, getting fresh air, getting sick (to rid stomach of alcohol) or taking cold showers do not sober you up.

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- HSE Addiction Counselling and Advisory Service, Brandon House Tralee (076) 1083000
- Arbour House Addiction Treatment Centre, St Finbarr's Hospital, Douglas Road, Cork (021) 4968933
- Cara Lodge Adolescent Treatment Centre, Ahiohill, Enniskeane, Co Cork (023) 8839000
- Aislinn Adolescent Addiction Treatment Centre, Ballyragget, Co Kilkenny (056) 8833777

HARMFUL & BINGE DRINKING

It is not uncommon to drink alcohol occasionally. However, drinking alcohol as a young person can seriously damage your development. You may have a problem with your alcohol use if you are:

DON'T BOTTLE IT - TACKLE IT!

ALCOHOL & MENTAL HEALTH

It has been shown that young people who consume alcohol may experience the following: disturbed sleep, lack of energy and tiredness all the time, low mood/self esteem, experiencing anxiety in situations where you would normally feel comfortable.

Alcohol and Mood: People experience a wide range of different moods when drinking; some describe feeling happier, others become less happy and more withdrawn, while some may become aggressive. To some extent, alcohol may act as a 'Mood Amplifier' intensifying the mood or state that was already there. It is also argued that alcohol reveals underlying personality traits, or that different alcoholic drinks affect people in different ways.

Anxiety: Everybody gets anxious at some point in their life. Consuming Alcohol can increase the possibility of a person developing symptoms such as: worry, nervousness, uneasiness and these can lead to panic attacks.

Withdrawal: Young people who regularly consume alcohol have a tendency to withdraw from family, friends, hobbies and sporting activities.

Depression: Alcohol is a depressant and studies show that if someone drinks heavily and regularly they are likely to develop some symptoms of depression. Regular drinking lowers the levels of serotonin in the brain - a chemical that helps to regulate moods.

Self Harm: Alcohol was a factor in 40% of cases of self harm in 2010 (Alcohol Action Ireland website).

Suicide: Suicide is a leading cause of death among young Irish men aged 15 to 24. A recent study of suicide in one county found that over a third (36%) had consumed alcohol at the time of death (www.alcoholireland.ie). The World Health Organisation has estimated that the risk of suicide when a person is currently abusing alcohol is eight times greater than if they were not abusing alcohol. **If you or someone you are concerned about is having thoughts of suicide Contact a GP, the Samaritans or the Emergency Services 999 / 112**

Services which can help include:

- South Doc (Cork & Kerry) 1850 335 999
- Samaritans 1850 60 90 90 www.samaritans.org
- HSE Suicide Prevention Helpline 1800 742 745
- Kerry Child & Adolescent Mental Health Service 066 7144081
- Kerry Adolescent Counselling Service www.kerryadolescentcounselling.ie 066 7181333
- South West Counselling Centre www.southwestcounselling.ie 064 6636416
- www.letsomeoneknow.ie
- www.suicideaware.ie
- www.mindingyourhead.info
- Pieta House www.pieta.ie 066 7163660
- Youth Suicide Prevention Ireland www.yspi.eu

ALCOHOL & MENTAL HEALTH

Mental health is something we all have. Some people have described it as a feeling of contentment, well-being, being able to make decisions, being comfortable with ourselves and with others, being able to have fun and enjoy life. It is important to look after our mental health.When alcohol is consumed it can have a negative effect on mental health in some of the following ways:

DON'T MESS WITH YOUR MIND!

ALCOHOL POISONING

Alcohol poisoning occurs if a person drinks an excessive amount of alcohol over a short period of time; often as a result of binge drinking. Leaving someone who has passed out from drinking to 'sleep it off' or trying to make them sick to sober up is very dangerous!

Signs & Symptoms of Alcohol Poisoning

It can be a very fine line. One minute your friend is drunk, the next they've become dangerously intoxicated. Being aware of the signs of alcohol poisoning is crucial, because if a person you care about is suffering from acute alcohol poisoning, they will be in no state to help themselves.

- **Irregular or slow breathing** (less than eight breaths a minute)
- **Low body temperature** (hypothermia)
- **Stupor** - when someone is conscious but unresponsive
- **Unconsciousness** - passing out
- **Confusion loss of coordination**
- **Vomiting**
- **Seizures**
- **Blue tinged or pale skin**

IF YOU SUSPECT ALCOHOL POISONING YOU SHOULD CALL 999 or 112 & ASK FOR AN AMBULANCE.
While you are waiting for the ambulance:

- **DO Turn the person on their side and place a cushion under their head** - this will help prevent them from choking on their own vomit.
- **DO NOT Leave the person alone** - the alcohol in a person's blood can continue to rise for up to 40 minutes after the person's last drink and this could cause their symptoms to suddenly worsen.
- **DO NOT Try to make the person vomit** - their gag reflex will be impaired which means they could choke on their own vomit.
- **DO NOT Give them coffee** - coffee dehydrates the body; coffee will make someone who is dehydrated even more so. Severe dehydration causes brain damage.
- **DO NOT Put them under a cold shower** - alcohol lowers body temperature, which could lead to hyperthermia. A cold shower could make them colder than they already are.
- **DO NOT Let them drink any more alcohol.**

IF YOU SUSPECT ALCOHOL POISONING YOU SHOULD CALL 999 or 112 & ASK FOR AN AMBULANCE.

ALCOHOL POISONING

Alcohol poisoning is life threatening; If you suspect alcohol poisoning you should **call 999 or 112 and ask for an ambulance.** While you are waiting for the ambulance to arrive here are some Dos and Don'ts.

ALCOHOL POISONING IS VERY SERIOUS - CALL 999/112 FOR AN AMBULANCE

ALCOHOL & THE LAW

Youth offending statistics show that the consumption of Alcohol is a factor in the majority of cases dealt with by Gardaí.

These cases range from:

Intoxication in a public place - being drunk in public.

Purchasing Alcohol - this includes pretending to be over 18 to buy alcohol.

Consuming Alcohol in Public - this includes being in possession of and drinking alcohol even though you may not be drunk.

Being in a licensed premises*
- After 9pm from 1st Oct to 30th April
- After 10pm from 1st May to 30th September
- Being on a licensed premises when there is an exemption
- Being U15 in a licensed premises without a parent/guardian

*Licensed premises – is any premises that has a license to serve alcohol e.g. pub, hotel, golf club, GAA club.

Other Offences can include - Disorderly Conduct, Failing to comply with a direction of the Gardaí, Obstructing a member of the Gardaí, Assaults, Theft, Criminal Damage etc.

Consequences of committing Offences

A number of outcomes can occur if you commit offences as outlined above.

- The matter may be referred to the Garda Youth Diversion Office and you may receive a caution. The caution can be Informal/Formal/Restorative Caution, there may be a period of supervision for 12 months by a JLO depending on the type of caution you receive.
- You may be referred on to work with other agencies such as: Garda Youth Diversion Projects, Community Drugs & Alcohol worker, CAMHS, KACS.
- If you are deemed unsuitable for a caution by the Garda Youth Diversion Office you may have to appear in Court where you could get a criminal conviction.
- If you receive a criminal conviction it may have implications for you when seeking employment or travelling abroad to countries where you require a visa.

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- **Killarney: (085) 8501296**
- **Listowel: (087) 9263803**

- Gardaí; www.garda.ie
- Kerry Empowering Youth Justice Project carolineduane@kdys.ie 066 7121674
- Kerry Child & Adolescent Mental Health Services (066) 7144081

ALCOHOL & THE LAW

Nobody wants to get in trouble for drinking alcohol so it is important to know what the law says when it comes to drinking alcohol in Ireland. If you are over 18 years of age it is legal to drink alcohol in Ireland; however it is **NOT LEGAL** to:

If you receive a criminal conviction it may cause difficulties if you want to work or travel abroad to countries where you need a visa.

IS IT WORTH IT?

HOW PARENTS CAN HELP

Parents have an important influence on their children's behaviour. You may be surprised by this but it's true! Whatever your child's age, it's important to create an open and honest dialogue about alcohol. Delaying teenage drinking as long as possible has great merit. This reduces the risk of potential damage to the developing brain and other negative consequences.

Some Tips for Parents

- **Action speaks louder than words!** - Think about your own use of alcohol, tobacco, medications & other drugs. Young people are not taken in by appearances. They are more influenced by what we do than by what we say.
- **Try chatting to them rather than interrogating them!** - Keeping lines of communication open is important. This is especially true if a young person has made some poor choices or got themselves into difficulty.
- **Set Family Rules** - Parents walk a fine line here. Too much control and children have no opportunity to think for themselves – too little and they may feel that decisions are not important. Encourage them to think on their feet, follow their own advice and resist following the herd at times. Parents can help by having a few clear rules at home and by explaining the values behind the rules.
- **Spend time together** - young people that feel connected to their families and feel loved and valued are less likely to misuse alcohol.
- **Self-Esteem** - Help them to make the most of their talents and strengths while also knowing their weaknesses. Help them to be active and have hobbies and interests.
- **Get to know their friends!** - make your home a welcome place for friends to visit.
- **Be honest with them!** - Try to answer their questions honestly & give them relevant information when they need it & can understand it.
- **Help identify someone they can talk to** - Sometimes your child will not be able to talk to you so encourage them to speak with someone they trust e.g. an older brother or sister; an uncle or aunt; a teacher.
- **Get support** - If you need support ask for it. Remember it takes a village to raise a child. Trust your instinct. If you feel there is a problem or that your teenager is in Trouble with alcohol get some help early.

- **Parentline www.parentline.ie 1890 927 277**
- **Barnardos www.barnardos.ie 1850 222 300**
- **Your Local Family Resource Centre www.kerrychildrensservices.com/parenting-family-learning.html**

HOW PARENTS CAN HELP

Parents' influence on their children and young people is very important. Your values, example and guidance will help your adolescent to navigate the challenges of alcohol, peer pressure and adolescence. Here are some ways you can help:

DO WHAT I SAY AND NOT WHAT I DO?

COPING WITH ALCOHOL DEPENDENCY OR ADDICTION AT HOME

You are not on your own:

Sometimes young people feel like they are on their own and no-one can understand. But you're not alone. There will be other children in your school who live with a parent or carer who drinks too much. According to Alcohol Action Ireland one in eleven children's lives are negatively affected by their parent's drinking.

You might not tell people about your worries, because you are scared or embarrassed, and there will be other children in your school feeling the same. If things are really bad, don't forget there are people out there who understand and want to help.

It's not your fault

There are lots of reasons why someone might drink too much. Whatever the reason why, other children in your situation said the most important thing for you to know is:

- **It's not your fault**
- **You can't stop them**
- **There are people who understand**

Some people cannot stop drinking once they start without the help of professionals, while others can drink sensibly. There are lots of reasons why this can happen. Nothing you have done made your parent drink too much – even if they say this when they are angry it's not true.

Just because your parent or carer drinks too much it does not mean that they are not good people or that they don't love you.

Services & Support

- Talk to Someone you trust; a school counsellor, coach or family member such as an aunt or uncle might be able to help
- Al Anon – an organisation which helps families and friends of alcoholics 01 873 2699 www.al-anon-ireland.org
- **If you are afraid or feel that the situation at home is becoming dangerous or out of control, you can call Childline on 1800 66 66 66. NEVER HESITATE TO DIAL 999 OR 112 IF YOU THINK YOU OR ANOTHER FAMILY MEMBER IS IN IMMEDIATE DANGER.**

COPING WITH ALCOHOL DEPENDENCY OR ADDICTION AT HOME

Lots of adults drink alcohol, but in some families the adult's drinking can make things difficult at home and can cause problems and worries. If this is happening it can make you worry about all sorts of things and can affect different areas of your life, like school, home, friends or money. Some worries you have might include the following but it's important to remember that it is not your fault and help is available.

LET SOMEONE KNOW - HELP IS AVAILABLE

ALCOHOL DEPENDENCY AND ADDICTION

As with many drugs, alcohol is addictive, both physically and psychologically. Based on the figures in the Health Research Board's Irish Alcohol Diaries 2013 report, more than 150,000 Irish people are dependent drinkers; more than a 1.35 million are harmful drinkers

Early signs of problem drinking include:

- Drinking faster than everyone else
- Often drinking to cope with problems
- Memory loss or blackouts
- Feeling guilty after drinking
- Drink seeking behaviour
- Increased tolerance
- High tolerance of alcohol – you can drink a lot before you feel drunk
- Needing a drink first thing in the morning to get going
- Not being able to stop drinking once you start
- Secretly doubling up or sneaking drinks
- Not being able to quit

If you recognise any of the signs above contact your GP or local alcohol counselling service for confidential advice and support. **If you drink heavily or think you might be dependant on alcohol it could be dangerous to make big changes to your drinking without medical support.**

Impact of Alcoholism

Alcohol Dependency has a devastating effect on families – such as relationship breakdown and divorce, domestic violence, child neglect, poverty and money difficulties. In the longer term research has shown that children who grow up in a home with alcohol dependency

- May have difficulty in social settings
- May have trust issues
- May become frightened of angry people
- May take on far too much resposibility
- May have difficulty with intimate relationships
- May find it difficult to get excited about birthdays, etc.
- May become terrified of abandonment
- May constantly seek approval
- May have difficulty having fun

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ALCOHOL DEPENDENCY AND ADDICTION

Alcohol addiction or alcohol dependence refers to serious problems with alcohol and generally means the compulsive and uncontrolled consumption of alcohol, usually with negative effects on the drinker's health, personal relationships, and social standing. The very serious and negative impacts of alcohol addiction include:

Fact: 10% of Adolescents who start drinking in their early teens will develop an addiction to Alcohol

ALCOHOL ADDICTION IS SERIOUS - IT CAN BE TREATED!

THE AUDIT QUESTIONNAIRE:

Because alcohol use can affect your health and can interfere with certain medications and treatments, it is important that we ask some questions about your use of alcohol. Your answers will remain confidential, so please be honest. **Place your score in the box for each question.**

Questions	0	1	2	3	4	Your Score
How often do you have a drink containing alcohol?	Never	Monthly	2 to 4 times a month	2 to 3 times a week	4 or more times a week	
How many drinks containing alcohol do you have on a typical day when you are drinking?	1 or 2	3 or 4	5 or 6	7 to 9	10 or more	
How often do you have 5 or more drinks on one occasion?	Never	Less than Monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than Monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you failed to do what was normally expected of you because of drinking?	Never	Less than Monthly	Monthly	Weekly	Daily or almost daily	

1 standard drink contains 10g of pure alcohol

1SD = Half pint Beer/Stout/Ale **or** Pub Measure Spirit **or** Small glass of Wine

and some drinks are more than 1 standard drink 10g of pure alcohol

Questions	0	1	2	3	4	Your Score
How often in the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you been unable to remember what happened the night before because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
Have you or someone else been injured because of your drinking?	No		Yes but not in the last year		Yes during the last year	
Has a relative, friend, doctor or other health care worker been concerned about your drinking or suggested you cut down?	No		Yes but not in the last year		Yes during the last year	
					Total	

SCORING: 0 – 7 = lower risk; 8 – 15 increasing risk; 16 – 19 higher risk; 20+ possible dependence

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- **Listowel: (087) 9263803**

- HSE Addiction Counselling and Advisory Service, Brandon House Tralee (076) 1083000
- Arbour House Addiction Treatment Centre, St Finbarr's Hospital, Douglas Road, Cork (021) 4968933
- Cara Lodge Adolescent Treatment Centre, Ahiohill, Enniskeane, Co Cork (023) 8839000
- Aislinn Adolescent Addiction Treatment Centre, Ballyragget, Co Kilkenny (056) 8833777
- Talbot Grove Treatment Centre, Castleisland Co Kerry (066) 7141511

KEY LOCAL CONTACTS

If you are worried about someone's alcohol use you should speak to your GP.

- **South Doc 1850 335 999**
- **Kerry General Hospital Accident & Emergency 066 7184000**

Local Health Service Executive (HSE)

The HSE provides health and social services to everyone living in Ireland. The Kerry Local Health Office can provide a more detailed guide to the support services available in Kerry. Services available in Kerry are wide ranging and include general practitioner services, public health nursing, child health services, community welfare, social work, addiction counselling and treatment, child, adolescent and family psychology services, occupational therapy, psychiatric services and home help. The Local Health Office is based at: **HSE South, Rathass, Tralee, Co. Kerry Tel: (066) 7184500. For further information contact the HSE information line on 1850 241850 or log onto www.hse.ie**

- **HSE Addiction Counselling and Advisory Service,** Brandon House Tralee provides community based counselling and advice to individuals and concerned persons (076) 1083000
- **Community Based Drugs and Alcohol Initiative Projects** provide support to young people in the community and their families who may be experiencing difficulties with drugs or alcohol. **Tralee - (087) 6708702; Killarney - (085) 8501296; Listowel - (087) 9263803**
- **Arbour House Addiction Treatment Centre** serves Cork & Kerry and provides assessment, treatment and counselling for adolescents & adults with alcohol, drug or gambling addictions at St Finbarr's Hospital, Douglas Road, Cork (021) 4968933
- **Cara Lodge Adolescent Treatment Centre for Teens** provides residential treatment programme in a multi-disciplinary environment for boys who are experiencing alcohol, drug or gambling addictions at Ahiohill, Enniskeane, Co Cork (023) 8839000
- **Aislinn Adolescent Addiction Treatment Centre** provides assessment, treatment and counselling for adolescents & adults with alcohol, drug or gambling addictions in Ballyragget, Co Kilkenny (056) 8833777
- **Talbot Grove Treatment Centre** is a 30 day residential treatment centre for adults suffering from addiction (066) 7141511
- **Southern Regional Drugs and Alcohol Task Force** coordinates drugs and alcohol services in Cork & Kerry www.srdtf.ie (021) 4930100
- **Tusla Child & Family Agency Child Protection Social Work Department:** Tralee (066) 7121566; Killarney (064) 6636030

Local Counselling Services:

- **Kerry Adolescent Counselling Service www.kerryadolescentcounselling.ie (066) 7181333**
- **South West Counselling Centre www.southwestcounselling.ie (064) 6636416**

KEY LOCAL CONTACTS

Kerry Youth & Community Support Services:

- **Kerry Diocesan Youth Service www.kdys.ie (066) 7121674 / (064) 6631748 / (068) 23744**
- **Kerry Empowering Youth Justice Project carolineduane@kdys.ie 066 7121674**
- **Kerry Life Skills 064 6635135 www.kerrylifeskills.org**
- **Family Resource Centre -** for the contact details of all family resource centres in Kerry please see **www.kerrychildrensservices.com/parenting-family-learning.html**
- **Jigsaw Kerry www.jigsawkerry.ie (066) 7186785**
- **Homeless Information Centre, Tralee (066) 7129100**
- **Kerry Rape & Sexual Abuse Centre (066) 7123122**
- **Tralee International Resource Centre (TIRC) www.tirc.ie (066) 7127918**
- **Killarney Asylum Seekers Initiative (KASI) Drop In Centre www.kasi.ie (064) 6620705**
- **Kerry Travellers Health & Community Development Project www.kerrytravellersproject.wordpress.com (066) 7120054**
- **Pieta House www.pieta.ie 066 7163660 28 Moyderwell, Tralee**

Key National Contacts

- **Al-Anon Family & Friends Support Group (01) 8732699 www.al-anon-ireland.org**
- **Alcoholics Anonymous 8-10pm (066) 7128720 / (087) 0522911 www.alcoholicsanonymous.ie**
- **Health Promotion www.healthpromotion.ie**
- **HSE information line 1850 24 1850 www.hse.ie**
- **www.yourdrinking.ie**
- **www.drinkaware.ie**
- **Alcohol Action Ireland www.alcoholireland.ie**
- **Barnardos www.barnardos.ie 1850 222 300**
- **Parentline www.parentline.ie 1890 927 277**
- **Childline 1800 66 66 66 www.childline.ie** 24 hour service for under18s Online and text service available too
- **ISPCC (021) 450 9588 www.ispcc.ie** 24 hour service for under18s Online and text service available too
- **Spun Out www.spunout.ie**
- **Drugs & Alcohol Information www.drugs.ie**
- **Smokers Quit Line 1850 201203 www.quit.ie**
- **Reach Out www.ie.reachout.com**
- **Console www.console.ie 1800 201 890**
- **Samaritans www.samaritans.org 1850 60 90 90**

THINK
About Alcohol

For further information
On issues discussed
In this Booklet,

Please log on to the
Kerry Children's Services Drugs and Alcohol
Web Page for links to information and support services.

www.kerrychildrensservices.com