

# HOW TO HELP

How can you tell if a friend has a drinking problem?

**Warning signs:**

- Getting drunk on a regular basis
- Lying about how much alcohol he/she is using
- Believing that alcohol is necessary to have fun
- Having frequent hangovers
- Feeling run down or depressed, even suicidal
- Having "blackouts" forgetting what he or she did while drinking.

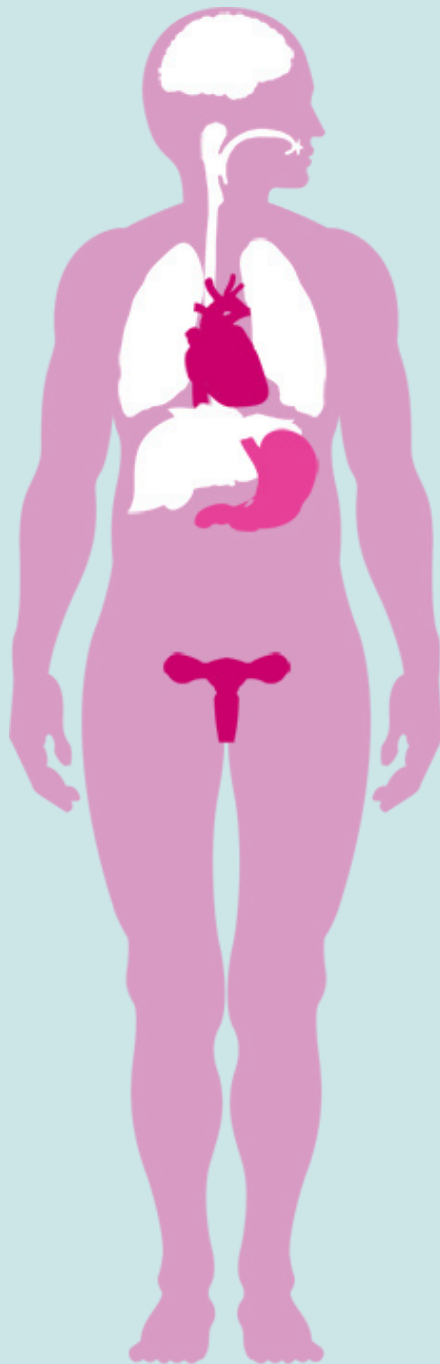


*If you know someone who has a problem with alcohol, urge him or her to stop or get help. If you drink, STOP. The longer you ignore the real facts, the more chances you take with your life. It's never too late. Talk to your parents, a doctor, a counselor, a teacher or an adult you trust.*

**#QuitToday**

# SIGNS YOU NEED HELP

*When you drink alcohol, it's absorbed into your blood-stream and affects every part of your body. In the long term, this can put your health at serious risk.*



- Pain in the Pancreas
- Diabetic Danger Zone
- Coordination
- Blackouts
- Shifty Eyes
- Dependence
- Stomach Distress
- Fighting Fatigue
- Infertility
- Skinny Skeleton
- The Liver Takes the Brunt
- Slurred Speech
- Shrinking Frontal Lobes
- Strange Sensations
- Hallucinations
- Major Mouth Problems
- Malnutrition
- Hard on the Heart
- Sexual Dysfunction
- Birth Defects
- Muscle Cramps

# WHERE TO FIND HELP



**Supporting Agencies**

**National Drug Council**  
345.949.9000  
email: info@ndc.ky

**Alcoholics Anonymous**  
345.926.9044

**Cayman Counselling Services - Terry Delaney**  
Ph: 345.526.1378 or 345.956.5713  
email: terrydcayman@gmail.com

**Department of Counseling Services**  
Ph: 345.949.8789  
email: counseling.services@gov.ky

**The Wellness Centre**  
345.949.9355  
email: info@wellnesscentre.ky



Unit 17 & 18 Caymanian Village  
P.O. Box 10007 Grand Cayman KY1-1007  
Tel: 345-949-9000 info@ndc.ky www.ndc.ky



GET THE FACTS.....

# ALCOHOL



# GET THE FACTS

# BEFORE YOU RISK IT

# KNOW THE SIGNS

# THE BOTTOM LINE

**alcohol CAUSE & EFFECT**

SHORT TERM EFFECTS	LONG TERM EFFECTS
<b>Brain</b> Impaired motor skills and judgement, damage to short term memory, stroke, headache	<b>Brain</b> Brain damage and memory loss, addiction
<b>Psychological</b> Major mood swings, violent behavior, depression	<b>Nervous System</b> Break down of the nervous system supplying limbs
<b>Vision</b> Dizziness, blurred vision, blood shot eyes	<b>Throat</b> Risk of hemorrhage, increased risk of cancer
<b>Heart</b> Increased blood pressure	<b>Muscles</b> Weakening and pain
<b>Stomach</b> Nausea, vomiting, alcohol poisoning, possible death	<b>Heart</b> Heart attacks, heart disease, anemia
<b>Coordination</b> Unable to walk or talk clearly, accident prone	<b>Liver</b> Liver damage, cirrhosis of the liver, possible death
	<b>Stomach</b> Peptic ulcer, gastritis
	<b>Pancreas</b> Early diabetes, bad digestion
	<b>Bones</b> Degeneration and risk of fracture

## Alcohol can kill you.

Drinking large amounts of alcohol at one time or very rapidly can cause alcoholic poisoning, which can lead to coma or even death. Driving and drinking also can be deadly. Many traffic accidents are due to drinking alcohol and driving.

## Alcohol can hurt you even if you're not the one drinking.

If you're around people drinking you have an increased risk of being seriously injured, involved in car crashes or affected by violence. At the very least you may have to deal with people who are sick, out of control, or unable to take care of themselves.



## Are beer and wine safer than liquor?

**No**, one 12 ounce bottle of beer or a glass of wine has as much alcohol as a 1.5ounce shot of liquor. Alcohol can make you drunk no matter how you consume it.



## Why can't teens drink if their parents can?

**It's illegal.** The law states that you must be 18 to consume alcohol. Teen's brains and bodies are still developing; alcohol use can cause learning problems or lead to adult alcoholism. Persons who begin drinking alcohol by age 15 are five times more likely to abuse or become dependent on alcohol than those who begin drinking after age 20.

## How can I say no to alcohol? I am afraid I won't fit in.

It's easier to refuse than you think! Try "No thanks, I don't drink" or "I am not interested". Remember, the majority of teens don't drink alcohol. You're in good company when you are one of them!



## Know the law!

It is illegal to drink alcohol if you're under age 18



## Get the facts

One drink can make you fail a breath test. If you drive under the influence of drugs or alcohol your driver's licence could be suspended for a minimum of 12 months. The Commissioner may impound your vehicle for 18 hours OR until you are sober. You could be fined up to \$1000 and up to six months imprisonment for the first offence and up to \$2000 and up to 12 months imprisonment for a second or subsequent offence.

## Stay informed

Binge drinking means having five or more drinks on one occasion. Studies show that more than 35% of adults with an alcohol problem developed symptoms such as binge drinking by age 19.

## Know the risks

Alcohol is a drug. Mixing it with any other drug can be extremely dangerous. Alcohol and acetaminophen, a common ingredient in OTC pain and fever reducers can damage your liver. Alcohol mixed with other drugs can cause nausea, vomiting, fainting, heart problems and difficulty breathing. Mixing alcohol and drugs can lead to coma and death.

## Keep your edge

Alcohol is a depressant or downer because it reduces brain activity. If you are depressed before drinking, alcohol can make you feel worse

## Look around you

Most teens aren't drinking alcohol. Research shows that 60% of people 12-18 haven't had a drink in the past month. (visit [www.ndc.ky](http://www.ndc.ky) for up to date statistics)