

## Alcohol



Alcohol is a liquid in drinks such as beer and wine which makes you feeldrunk



When people are drunk, they might be sick or fall over



Some people have fights when they are drunk



Many people drink at parties or to have fun, it is okay to drink alcohol as long as you do not drink too much



You should not drink more than 6 beers or 7 glasses of wine in a week



You should also make sure you do not drink alcohol every day, try to have at least 4 alcohol free days a week



When some people drink too much alcohol, they get in trouble with the police



Drinking too much alcohol can also lead to you hurting yourself or someone else



Drinking too much alcohol may mean you are more likely to get diseases such as cancer



If you have been drinking too much alcohol for a long time, it can be difficult to stop



When you try to stop drinking alcohol, you might notice your hands shake, you feel sad or that you cannot get to sleep



If you want help to stop drinking you can speak to the drug and alcohol team or your GP

You can phone or email your local drug and alcohol service using the following details:

If you live in Middlesbrough:

Phone: 01642726800

Email: [accessingchangetogether@middlesbrough.gov.uk](mailto:accessingchangetogether@middlesbrough.gov.uk).

If you live in Stockton:

Phone: 01642673888

Email: [Stockton.recovery@cgl.org.uk](mailto:Stockton.recovery@cgl.org.uk)

If you live in Hartlepool:

Phone: 01429285000

Email: [substance misuse@hartlepool.gov.uk](mailto:substance misuse@hartlepool.gov.uk)

If you live in Redcar and Cleveland:



Phone: 03003033781