

It is estimated that around 10 million adults per year, in England drink above the guidelines, including more than two million who drink at higher risk and an estimated 587,000 who are dependent on alcohol.

# ALCOHOL

## THE FACTS

**Alcoholic drinks consist mainly of flavoured water and ethyl alcohol (ethanol). They are made by the fermentation of fruits, vegetables or grains.**

**Alcohol is absorbed into the bloodstream and starts to have an effect within 5 to 10 minutes. The effects can last for several hours, depending on the amount consumed.**

**Alcohol is a depressant drug. It acts on the central nervous system to slow the body down. Usually people will feel more relaxed and less inhibited when drinking.**

**One unit of alcohol is 10ml (millilitres) or 8g (grams) of pure alcohol. It takes an average adult around an hour to process one unit so that there's none left in their bloodstream – and the more you drink, the longer it takes.**

**If you are concerned regarding your alcohol use, please scan the QR code below or call 01253 311431**



For 25s and over

**HORIZON**  
Alcohol, drugs & sexual health support

**RENAISSANCE**

**DrugWise**



For under 25s

If you require this information in another format, please let us know

# RISK AND HARM REDUCTION

Unit guidelines are the same for men and women and both are advised not to regularly drink more than 14 units per week (equivalent to six pints of average strength lager). Pregnant women are advised not to drink at all.

Drinking more than the government's recommended guidelines increases your risk of developing serious health conditions, including: heart disease, stroke, liver disease, cancer, pancreatitis, and brain damage.

Alcohol can be very dangerous to take in combination with other drugs, especially cocaine. Mixing the two could form a dangerous chemical called cocaethylene.

When out drinking, drink in moderation and in a safe place with people you trust. It is also important to always keep an eye on your drink to minimise the risk of being spiked.



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