

Alcohol and you

Sleep problems
Depression/stress
Money problems
Falls & injuries
Fights
Sets a bad example

Brain damage
Fits
Hallucinations
Alcoholism

High blood pressure
Heart not regular
Less energy

Flabby heart

Can cause diabetes
Hard to manage diabetes

Liver damage
Cirrhosis (scarred liver)
Cancers

Pain & feeling like vomiting

Vomiting blood

Pancreatitis (pain)

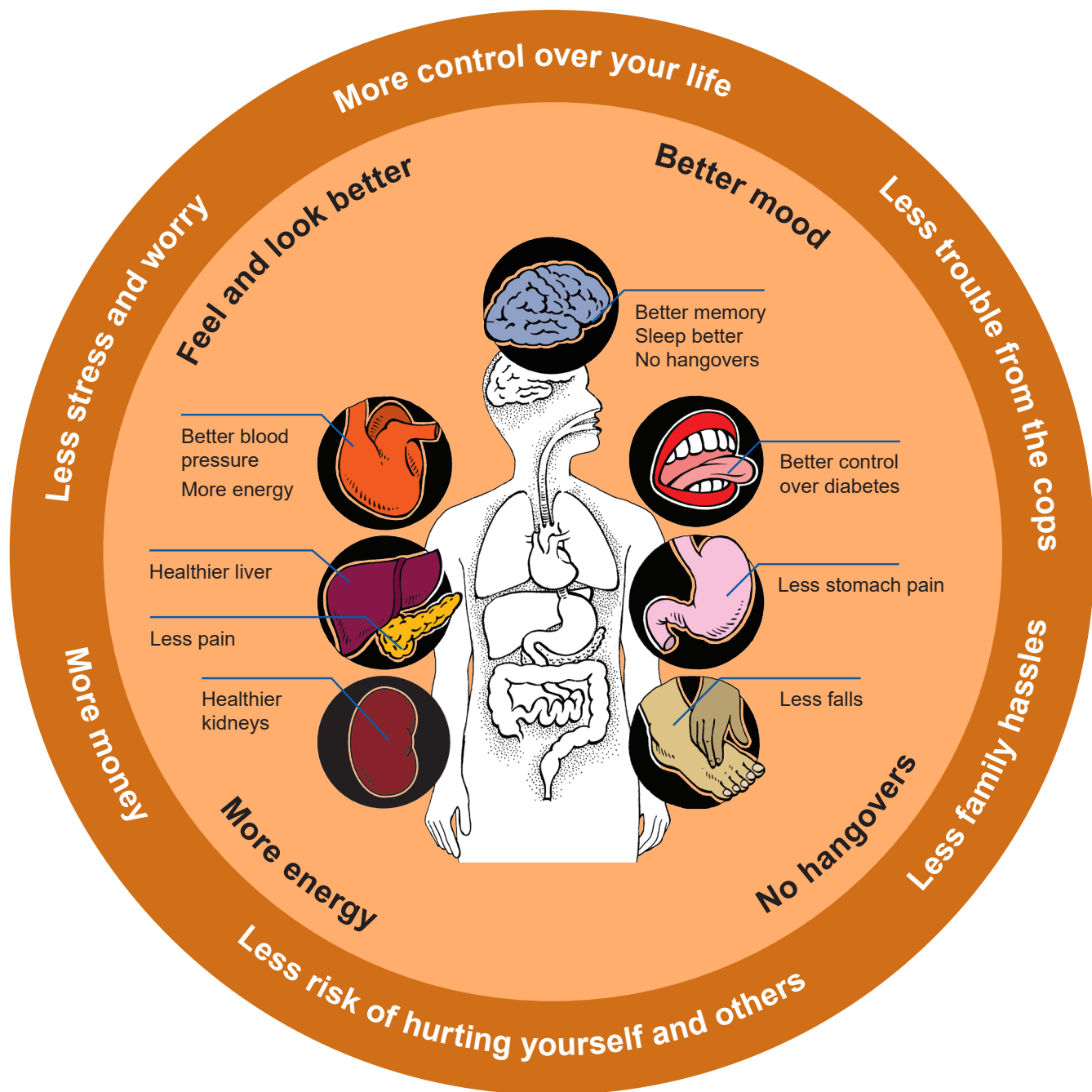
Trembling hands
Numb hands or feet

Bad kidneys can't cope with alcohol

Unsafe sex:
Infections
Unwanted pregnancy

Impotence in men

Why get alcohol under control?



What's safe for me?

No more than 2 drinks on any one day

So how many beers is that?



= 2 beers



= 2 cans



= 2 stubbies



= 1 longneck

If you drink every day, drink less

How many need to share?



= 10 people



= 10 people



= 6 people

Drink nothing at all if...



- Pregnant or might get pregnant
- It's hard to stop drinking
- Taking drugs or some medicines
- Your health is not so good
- Driving or doing risky jobs



Alternatives to grog

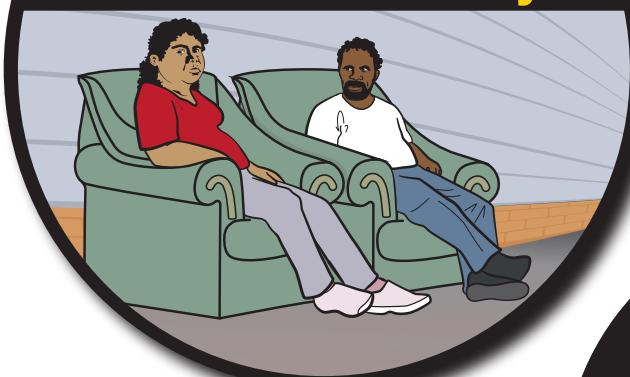
**Back to
culture and
community**



**Time with
kids & grandkids**



**Spend time
with non-drinking
friends & family**



Get fit



How can I slow up?

Decide to slow up



Smaller drinks



Walk away from drinkers



Eat something



Have excuses handy



Pay bills first



Drink less often

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			
FRIDAY	SATURDAY	SUNDAY	
			

Have water between drinks



Alternatives to grog

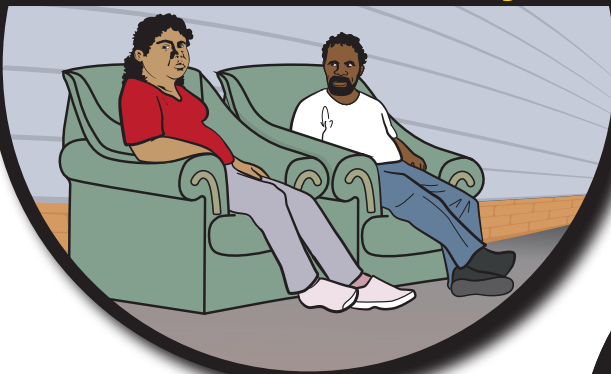
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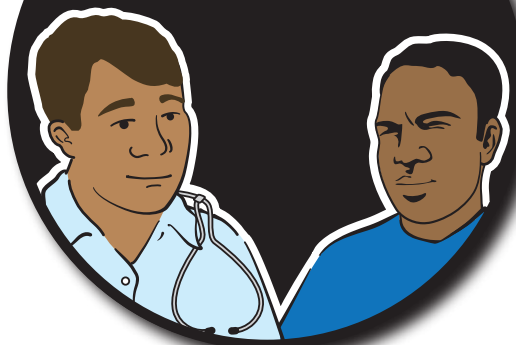


Get fit



How can I stop?

**Get help
with withdrawal**



**Decide not
to drink**



**So get help
don't feel shame**



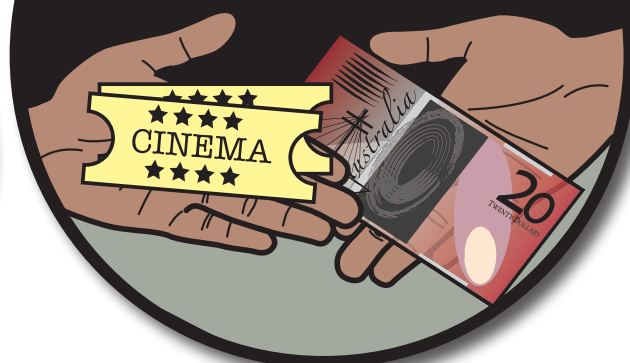
**Get grog
out of the house**



**Ask doctor
about new
medicines**



**Pay day
coming up?
Plan something!**



Staying on track

How am I going?



Which one do I love more?



You can see a counsellor



How am I going in hard times?



Produced with Sydney Local Health District, 3rd revision

To download this resource: <http://sydney.edu.au/medicine/addiction/indigenous/resources>

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