

Did you know?

- 41% of Canadians over the age of 15 reports experiencing some kind of harm from someone else's drinking.
- Approximately 2,250 deaths in BC are attributed to alcohol use each year.
- The average person has their first drink when they are 12 years old.
- An estimated 500,000 Canadians suffer from alcoholism.
- Alcohol can cause damage to liver cells leading to a condition called liver cirrhosis. Cirrhosis of the liver is one of the top ten causes of death in Canada.

Where Can A Person Get Help?

Concurrent Disorder Program

Child & Youth Team
2nd Floor, 990-22nd Street
West Vancouver, BC V7V 4C2

Phone: 604-904-6270
Fax: 604-904-6290
Hours: 8:30 am – 4:30 pm
Monday to Friday

Talk to the Prevention Worker in your school or give the number on the front of this pamphlet a call.

Detox Services (D-Talks Access Central)

1-866-658-1221

Vancouver Crisis Centre

604-872-3311

West Coast Alternatives Society Addictions Counselling

604-984-0255

MCFD Emergency Helpline

310-1234 (no area code needed)

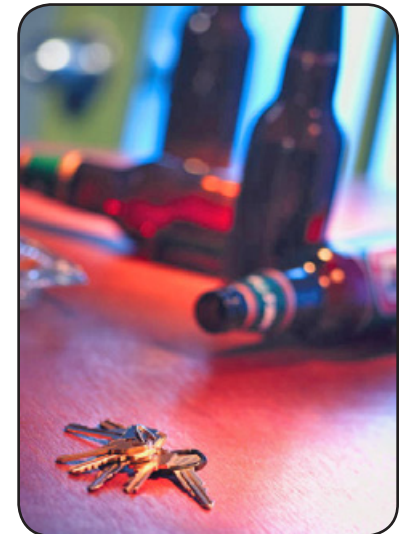
Poison Control

604-682-5050

In case of emergency, call 911

For more copies, go online at <http://vch.eduhealth.ca> or email phem@vch.ca and quote Catalogue No. **DB.200.AI181**
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The information in this document is intended solely for the person to whom it was given by the health care team.
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What kind of a drug is alcohol?

Alcohol is a depressant - it slows down the central nervous system and is toxic to brain cells.

What happens to a person when they use alcohol?

The first effect one feels when drinking alcohol is a sense of comfort. This feeling can be accompanied by drowsiness, dizziness, and disorientation. A person may not feel drunk after one or two drinks, but they have already lost some of their coordination skills.

Drinking alcohol also affects a person's speech, balance, and vision. Further, alcohol lowers inhibitions, making one feel relaxed leading them to take chances they would not otherwise take.



Hostility or deep depression can also result. When one drinks too much alcohol, they wake up with a hangover, which is actually alcohol withdrawal. Short-term memory loss (blackouts) can also occur after a night of drinking.



Drinking alcohol puts individuals at risk for being sexually assaulted. If you drink too much alcohol, you can pass out, making you vulnerable to predators. Alcohol also impairs your judgment – you may engage in activities that you usually would not.

What are the long-term effects of alcohol?

Long-term effects of alcohol use are stomach ulcers, sexual problems, liver disease, brain damage, and many kinds of cancer. Alcohol can also age you (make you look older), giving you premature wrinkles and pasty skin.

Is alcohol addictive?

YES! Alcohol is both physically and emotionally addictive. Being physically dependent on alcohol means that your body needs alcohol to feel normal. If you are addicted to alcohol and try to sustain, you will have withdrawal symptoms. Being emotionally addicted means that you believe you need alcohol to feel a certain way.

Does tolerance develop to alcohol?

YES! Overtime, you need to consume more alcohol to feel the same effects.

Is alcohol fatal?

YES! People can overdose and die from alcohol. It can depress (slow down) your system to the point that your heart stops beating. People can also die from reckless activities they engage in when they are drunk, such as driving and swimming. Mixing alcohol with other drugs can kill you as well.