

Depressants

Alcohol

Booze, Drinks, Liquid courage

What is it?

Alcohol is the result of fermented fruits, vegetables, or grains. Alcoholic drinks come in lots of different varieties and contain anywhere from 4.5% alcohol to 40% or higher. One standard drink is equal to approximately one beer, a glass of wine, or a 1oz shot of liquor. All of these contain the same amount of alcohol, despite being different amounts of liquid.

Why do people use it?

- ◆ Decrease anxiety and inhibition
- ◆ Celebration of special events
- ◆ Social pressures/expectations
- ◆ Physical or emotional pain relief
- ◆ Enhance the flavor of food or for its own taste

What can go wrong?

- ◆ Alcohol poisoning from too much at once
- ◆ Less muscle control can lead to falls or injuries
- ◆ Less ability to make good choices
- ◆ Long term health effects such as liver disease, heart problems, etc.

How does it work?

Alcohol is digested and enters the blood stream through the stomach and small intestines. Blood carries it to the brain where it slows down parts of the brain making us feel relaxed. In small amounts the result can be energizing and with higher amounts, the central nervous system (brain, heart, lungs, stomach) starts to shut down.

Information adapted from heretohelp.ca, camh.ca & towardtheheart.com

For more information visit their websites.

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Harm Reduction

1. Don't drink on an empty stomach. Eat before and while you are drinking.
2. Alternate alcoholic and non-alcoholic beverages to avoid drinking too much, too fast.
3. Don't use other drugs when drinking alcohol.
4. If going to a party, only bring what you're okay with drinking that night.
5. Always mix your own drinks to control the strength.
6. Never leave your drink unattended.
7. Have a get home safe plan; don't drink and drive or get into a car with someone who has been drinking.

What to look for:

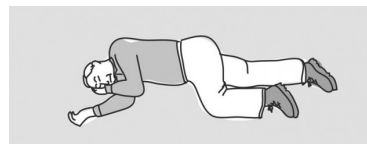
1. Vomiting
2. Slow, shallow, or no breathing
3. Loss of consciousness (passing out), dizziness, slurred speech, or confusion

Overdose

What to do:

CALL 9-1-1

1. Raise the person's closest arm above their head. Prepare the person to roll toward you.
2. Gently roll the person's entire body toward you. Guard their head while you roll them.
3. Tilt the person's head to keep their airway open. Tuck their nearest hand under their cheek to help keep their head tilted.



Discovery Youth & Family Substance Use Services

Victoria/South Island: 250-519-5313

Cowichan Valley: 250-737-2029

Nanaimo/Ladysmith: 250-739-5790

Oceanside area: 250-947-8215

Mt Waddington area: 250-902-6063

