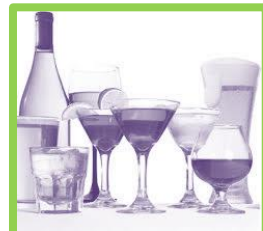


Fact Sheet Alcohol

Alcohol is a depressant drug that affects how an individual thinks, feels and behaves. Although it is often used as a social lubricant and is seen as a stimulator for some it is classified as a depressant drug inhibits the central nervous system. Drinking is a large element of Australian culture but can have enormous effects if done in excess/unsafe way. Standard guidelines for daily alcohol consumption is: 1-2 standard drinks for women and 2-4 for men

The average age Australian's have their 1st alcohol drink is 14



Types

- **Beer**
 - Ale
 - Lager
 - Cider
- **Spirit**
 - Gin
 - Vodka
 - Rum
 - Whiskey
 - Tequila
 - Brandy
- **Wine**
 - Red
 - White
 - Rose
 - Champagne
 - Sparling
 - Vermouth

Standard drink

1 pint (425ml) of light Beer
½ pint (285ml) of Beer
1 glass (100ml) of wine
1 shot (30ml) of Spirits

Planning Ahead

- Eat before consuming alcohol
- Drink water
- Don't drink to excess
- Have breaks
- Have a designated driver/cab fare
- Have accommodation
- Know/trust the people you are drinking with
- Have contact numbers in case a crisis emerges
- Don't mix drinks
- Bring your own drinks/buy packaged beverages
- Have a limit and stick to it
- Know your body and how it interacts with alcohol
- Check the effects of mixing alcohol and any medication you're on
- Don't mix drugs with alcohol
- Keep to standard guidelines

Effects

Short-term

- Hangovers
- Headaches
- Nausea/vomiting
- Memory loss
- Coordination and balance issues
- Risky/inhibited behaviors
- Substance misuse
- Behavioral issues

Long-term

- Cancer
- Cirrhosis of the liver
- Brain damage
- Memory loss
- Sexual dysfunction
- Personal relationships
- General health
- Work life

Zonta House Refuge Association provides support services to women who have experienced family and domestic violence, mental health issues, homelessness and other crises enabling them the opportunity to make safe and sustainable life choices. For more information or support, visit our resource page at www.zontahouse.org.au"