

# Alcohol



If YOU are drinking to forget, cope, escape or to impress your mates - think again, drunk is not impressive - it will only add to your problems.

## You Are Better Than This

Get in touch  
[www.thefindcentre.com](http://www.thefindcentre.com)  
link to the facts, help and support -

Before alcohol owns you, wrecks you or someone else you love.



## 'Good Times' Check List

Heading out with mates to get loaded?  
Slashed?

Full?

On the rip?

- Gang of Friends to put the pressure on you to get it down you
- Relaxed, confident
- Give your money to the pub
- Looking good
- Feel wobbly
- Say stupid things get into an argument
- Lose judgement fall over get into a fight
- Can't see / hear clearly
- Slurred speech
- Feel confused lose control
- Get raped
- Forget about everything that's annoying me
- Get depressed
- Can't stand or walk properly
- Get your phone or money stolen
- Have an accident
- Hurt someone else
- Vomit
- Do things I will regret when I am sober
- Commit a crime
- Get pregnant
- Hurt yourself
- Get drink spiked
- Lose consciousness
- Get sexually assaulted
- Get an STI
- Die from alcoholic poisoning
- Miss school / get bad grades
- Choke on vomit
- Liver failure
- Long term - cancer, stoke, premature death or alcohol dependant

The majority of young people are not heading out to get drunk