



Harmful Effects of ALCOHOL

Alcohol is a **DEPRESSANT**

It slows down the brain, affecting behaviour & thinking.

Decision-Making

Impairs judgment, lowers inhibitions, & can lead to poor decisions with big consequences.

Sex

Increases likelihood of unplanned & unprotected sexual activity. Increases risk of STI's, unplanned pregnancy, & unwanted sexual advances.

Violence

Increases risk of intentionally hurting others & experiencing violence, such as rough play, physical assault, sexual assault, & vandalism.

Pregnancy & FASD

Increases risk of harm to an unborn child. There is no 'safe' amount. Don't drink if you are pregnant, plan to become pregnant, or are breastfeeding.

Mental Health Problems

Increases risk of mental health problems & some mental illness like depression.

Suicide

Increases risk of suicidal thoughts, suicide attempts, & suicide.

Family & Friends

Increases risk of arguments, fights, break-ups, & ended friendships.

School or Work

Increases risk of performance & relationship problems at school & work.

Drinking & Driving

Increases risk of accidents & injury. If you drink, don't drive. Don't travel with a driver who has been drinking.

Injury

Increases risk of injury from falls, car crashes, poisoning, burns, etc.

Physical Health Problems

Increases risk for liver damage & chronic diseases such as stroke & cancer.

Alcohol Poisoning

Severe alcohol poisoning can cause death, often from "passing out", vomiting, & choking.

Addiction

Drinking too much, too often, & for the wrong reasons can lead to addiction.

**Reduce your risk of harm or injury by following
Canada's Low-Risk Alcohol Drinking Guidelines.**

Binge Drinking can be dangerous.

- 5** or more *standard drinks* in a row for males.
- 4** or more *standard drinks* in a row for females.

Many people don't think they have a problem.

Do you drink too much, too often, or for the wrong reasons?

What if I Have a Problem?

If you are concerned about yourself or someone else, contact your local Mental Health & Addictions office or family doctor

Kids Help Phone
1-800-668-6868

Health Line
811 or 1-888-709-2929

Mental Health Crisis Line
1-888-737-4668