

COSMIC

Young People's Alcohol Worker

Liz Horton is the Young People's Alcohol Worker for COSMIC.

You can contact her, or any member of the COSMIC team on 0208 800 6999.



FUNDING FROM



For 11 to 16 year olds with or at risk of developing alcohol problems:

- Info, befriending and support, help to move on to other services.
- One-to-one sessions, including: alcohol education and ways to cope and relax.
- Speaking up for young people, helping them to speak up for themselves.

For all young people:

- Alcohol education in schools, groups, community centres etc.

Alcohol Facts

- In the long term, alcohol can affect the liver, the brain and many other organs in the body.
- In the short term – it may lead to some seriously embarrassing and/or painful moments – which might just be posted online by the time you sober up!
- Drinking can change people's mood, such as making them relaxed, sociable, aggressive, sad or violent.
- Alcohol slows down the body, making reaction times different – this may make people more likely to have an accident.
- It also lowers your inhibitions – makes you do things you wouldn't normally do.
- 1000 young people under the age of 15 need emergency treatment for alcohol poisoning each year – up to 70% of all admissions to A&E are linked to alcohol misuse.

Safer Drinking

Government recommendation:

Women: 2-3 units a day Men: 3-4 units a day
(not every single day!).

However, there is no "safe" amount for young people to drink.

If you are going to drink, these tips may help you stay safer: **drink plenty of water, eat well, minimize your drinking time, drink less and know when to stop.**

Always make sure someone knows where you are and that you can get home safely – if you're drunk, you may not be able to tell if the car you're getting into is a proper licensed taxi/mini-cab.

What To Do In An Emergency

- A good friend does not leave a drunk mate to look after themselves, help them to get home if they seem in a bad way.
- If it is obvious that you or another person is seriously ill and in need of emergency care straight away – call 999.
- If someone has passed out, lay them on their side (in the recovery position if you know how), stay with them and send someone to get help.
- Don't assume that a drunk person should be left to "sleep it off", this may cause them to choke on their own vomit.

Find out more:

- www.drugscope.org.uk/resources/d-world.htm
- thesite.org/drinkanddrugs

Free phone number for children and young people only: **0800 389 5257**