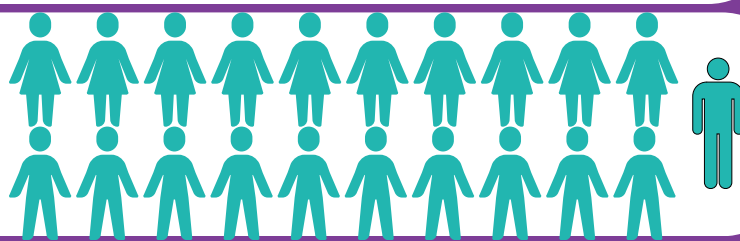


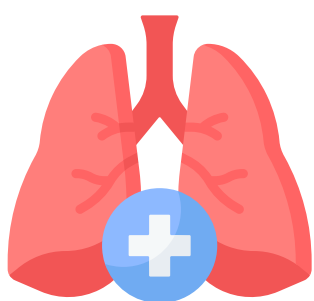
ALCOHOL AWARENESS WEEK 2024

21 local people told us their understanding of alcohol harms.



Information gained has been grouped and summarised, with some of the direct quotes included below.

Health harms

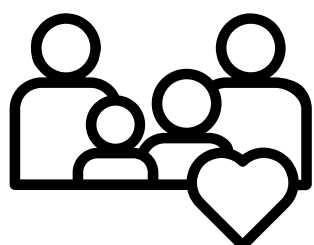


Alcohol can cause 'poor physical health, poor mental health, weight gain or weight loss, hangovers, reduced inhibitions and Alcohol Related Brain Damage (ARBD)

'Even drinking small amounts of alcohol increases your cancer risk.'

'Excessive use can cause liver damage, organ failure and ultimately death'

Family and relationship harms



Alcohol can cause 'relationship breakdowns, family problems'

'Alcohol destroys jobs, careers, families, and can cause damage to children'

'Peoples lives are cut short by the effects of alcohol'

'Beside the physical and mental harm caused by alcohol use, there is also the detrimental affect it can have on your family and relationships.'

'Partners/Children/Siblings/Parents all feel the effect of alcohol use first hand. They can experience fear, upset, anger etc towards the person using alcohol as well as grieve for the person they were before alcohol took over their life.'

'Self destructions. Destruction to families'

Social and emotional harms



Alcohol can cause fights, leads to changes in mood, and can cause people to change 'people say and do things they would not normally'

Can lead to domestic abuse, other types of abuse and exploitation'



Alcohol can also cause other harms such as risk taking behaviour, mess in the community - litter, noise, fear when groups are hanging around drunk. 'People are scared when lots of people are drunk in the streets/town centre.

Other harms



Alcohol can cause problems in relation to sustaining employment/education, homelessness, money issues, and drink driving

'Alcohol is the thief of joy, attractively packaged and sold as a magic elixir. Life without alcohol is joyful, peaceful and fulfilling'

Can cause 'dependence and addiction' and people can be stigmatised