

## Useful Contact Numbers

### **Redcar & Cleveland**

#### **Albert Centre**

One to one counselling for drug & alcohol  
Group Support Groups  
Aftercare/Education  
Advice

**01642 493838**

54a Station Road  
Redcar  
TS10 1AG

#### **RCATS**

Medical Support  
Detoxification  
Counselling  
Advice

**01642 516342**

Portland House  
West Dyke Road  
Redcar  
TS10 1DH

#### **Helen Project**

Support for Adults affected by  
others drug/alcohol misuse

**07846827944**

### **Middlesbrough**

#### **The Albert Centre**

One to One Counselling for drug  
& Alcohol Misuse  
Support Groups  
Education/Aftercare  
Carers Counselling service for families  
affected by substance misuse

**01642 221484**

3 Albert Terrace  
Middlesbrough  
TS1 3PA

#### **Middlesbrough Alcohol Treatment Service**

Community/home detox  
Drop in Centre/support groups  
Relapse Prevention

**01642 516351**

Kings Road  
North Ormesby  
TS3 6EP



#### **Primary Alcohol and Drug Service**

**Tel: 01642 835609**

**Fax: 01642 835609**

## ***Alcohol Information Leaflet***

### **What kind of Drinker are you?**

Some people don't drink at all or drink very rarely. Others may drink only at weekends or a few times a week. Then there are those who drink heavily every day and those who "binge" or get drunk on a regular basis. Whether you identify with one of these drinking types or feel "somewhere in between" it is useful to know how alcohol can affect you.

### **Recommended Safe Drinking**

Units:

A man = 3 to 4 units per day to a maximum of 21  
units per week

A women = 2 to 3 units per day to a maximum of 14  
units per week.

With at least two days per week should be alcohol free.

A safe limit of alcohol is less for a woman than a man because women have less body mass to dilute the alcohol, their bodies have less water and have different metabolism.

The benchmarks do not apply to young people who haven't yet reached physical maturity or pregnant women.

## What Exactly is a Unit?

Some drinks contain more alcohol than others. One unit is the same as 8g or 10ml (1cl) of pure alcohol.

Pint of standard strength Beer	( 3.5% vol)	= 2 units
Pint of standard strength Lager	( 4% vol)	= 2.3 units
Pint of standard strength Cider	( 5% vol)	= 2.8 units
25ml pub measure of Spirits	( 37% vol)	= 1 unit
125ml Glass Wine/Champagne	( 11% vol)	= 1.5 units
275ml Bottle Alcopop	( 5% vol)	= 1.4 units

The above are calculated on average standard strengths. There are many stronger strength drinks available in shops and pubs. Also in pubs measures for spirits can be European measures which are 35ml measures. We advise you to take a little time and work out how many units of alcohol you have consumed in the last week.

**Binge Drinking:** A man = 8 units or more in one session  
A woman = 6 units or more in one session

Studies show people who indulge in binge drinking during their midlife years increase the likelihood that they will subsequently develop dementia.

**Harmful Drinking:** A man = 50 units or more  
A woman = 35 units or more

## Stopping Drinking

Suddenly stopping is not recommended to anyone who is dependent on alcohol, as this can be seriously detrimental to your health. It is strongly advised to seek further guidance from your GP before commencing any form of detoxification.

## What Happens to the Alcohol in your Body

- Alcohol is quickly absorbed in the blood stream.
  - Alcohol will start affecting the mind about five minutes after it has been swallowed.
  - Alcohol can cause many problems including to the body's organs.
  - Heavy drinking can result in liver disease, cancer of the throat and mouth.
- The liver gets rid of most of the alcohol, but this takes upto one hour for each unit of alcohol drunk.

Therefore if you drink 6 pints of regular beer (3.5% vol) 12 units of alcohol, calculate after one hour of first taking a drink it will take 13 hours to be out of the body's system.

## Alcohol, Anxiety & Depression

Some people have a drink if they are feeling low, sad or depressed and often if they have had a bad day. However alcohol is a depressant and is likely to make the low mood feel much worse.

## Drinking & Pregnancy

Alcohol can reduce fertility and the body's ability to conceive. Too much alcohol can also cause impotence in men.

When women drink alcohol during pregnancy the alcohol passes through the placenta to the baby. Alcohol can affect the baby from developing.