

# What happens when you drink too much?



## What happens when you drink too much?

- Drinking too much alcohol can be really bad for you.
- At first it makes you feel happy and confident



- If you drink too much it can make you feel worse than ever
- It might make you very ill.



- If you keep on drinking, it can even kill you



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## What happens to your brain when you drink too much

- Your brain doesn't work as well
- You forget things



- You get confused



- You may have more seizures



- You might pass out
- If you pass out in the street you might get mugged



## What happens to your body when you drink too much

- You get unsteady



- You can throw up or feel sick



- You might choke on your sick and be very ill or die



- You will feel cold



## What happens when you drink a lot every day

- You get the shakes



- You will damage your liver
- This could turn you yellow and make you feel sick



- You can damage your heart
- This can make you have pain in your chest



- You will feel very tired



- You will get breathless



## What happens over the years when you drink too much

- You don't want to eat
- If you don't eat you can get ill



- You can get cancer in your bowel
- Cancer is worse than flu and it lasts for months
- It can really hurt
- Sometimes people die of cancer



- You can get cancer in your mouth and throat
- If you do, it will be hard to eat and drink



- You could lose your memory and not get it back
- You might forget what you have just done
- You might not be well enough to have a job



## What happens to your life when you drink too much

- Your friends get fed up with you being drunk



- You spend all your money on drink



- You don't do anything except go to the pub



- You can't get a job because you smell of drink



- Your family get fed up with you



**Now is the time to decide what to do next**

- I don't want to stop drinking



- I want to stop drinking but I don't know how



- If I had a lot of help I would like to stop drinking now



- I know I can ask for help at any time



**I have read and understood this**

**Signed:**

**Date:**

Kate Low, Manchester Learning Disability Partnership  
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