

If you've got any concerns and would like some friendly, non-judgemental advice and support, please make an appointment to see your GP or the Alcohol Practitioner.

Birkwood Surgery

Tel.01472 879529

Thursday

10.30am-12.30pm & 1-4pm

Chantry Health Group

Tel.01472 264999

Friday

9.30am-12.30pm & 1.30-4.30pm

Woodford Medical Centre

Tel.01472 343890

Wednesday

12.30-2.30pm & 4-6pm

Alternatively, if you're under 18 you can make an appointment to see somebody at NEST by calling them on 01472 326693 (9am-5pm Mon-Thur & 9am-4.30pm Fri) or e-mailing them confidentially at: nest@nelincs.gov.uk



Booze and You



How much do you really know about booze?



**Alcohol Service
Grimsby Practices
in Partnership**

Did you know...?

Drinking too much booze can affect your skin, make you put on weight, cause you to have accidents, lead to unsafe sex and cause anxiety, depression, liver damage and brain damage.

Booze can make you aggressive and increases the risk of violent behaviour.

If you're caught driving while above the legal limit you could get 6 months in prison, plus a £5,000 fine and a one year ban from driving.

Booze is a drug and can affect your emotions and judgement.

Mixing different kinds of booze can be very dangerous.

If you are pregnant (or think you might be) you should avoid alcohol as it can harm the unborn baby.

Serious drinking can cause alcohol poisoning which can be fatal.

Drinking too much can cause unconsciousness.

Myths & Truths About Booze

Myth: 'Everyone else drinks so I should as well.'

Truth: Actually, 69% of teenagers choose not to drink.

Myth: 'Drugs are a bigger issue than booze.'

Truth: Both are a serious issue and booze can kill young people just like illegal drugs can.

Myth: 'Drinking coffee can make you sober.'

Truth: Only time will sober you up.

If you would like some more information, the following booklets are available in your surgery:

Units and You
Pregnancy and Alcohol
You and your mates—How does the night end?