



ALCOHOL AND OTHER DRUGS



WHY SHOULD I CUT BACK?

Reducing or cutting out alcohol and other drug use has lots of benefits, such as:



- More energy
- Better physical health
- Better sleep
- Improved mood
- Money saved

ALCOHOL AND OTHER DRUGS change the chemicals in the brain resulting in a negative effect on your emotions, decision making and thinking.

Alcohol is a depressant, meaning it slows down the brain and body.

This can cause negative changes in mood, energy levels, sleeping patterns, concentration, memory and relationships.

IT'S IMPORTANT TO REMEMBER...

If you regularly use alcohol or other drugs, stopping use may cause withdrawal symptoms. Talk to your GP or a counsellor to make a plan together to cut back.

"By cutting down drinking when I go out, I save money, don't embarrass myself, and feel better the next day." Jen, 22

"I can get just as good a buzz by riding my mountain bike." Kai, 18

