



alcohol

what every
parent should know

information, advice and help available locally

Produced by **NHS Grampian** on behalf of the
Drug & Alcohol Action Teams in Aberdeen, Aberdeenshire & Moray

Facts

- Drinking alcohol is part of our culture, and most young people don't experience serious problems.
- For the few young people who do develop serious problems, help is available for them and their parents.
- There is much that parents can do to help their children cope with the challenges of growing up in today's world.
- It's important to help them understand the risks, and keep safe when they drink.

Effects

Alcohol is a powerful drug which affects the brain and body immediately...

- dehydrating, and lowering blood sugar levels
- dulling the brain
- affecting judgement
- in large doses - causing loss of co-ordination, and possible coma and death

Mixing alcohol with other drugs (prescribed, over-the-counter, or illegal) is dangerous.

Drinking a lot on one occasion can have serious health and safety consequences.

There are serious long-term health effects from regular heavy drinking over many years.

What can parents do?

- Talk, and listen and build up trust with children (be concerned rather than 'judging').
- Remember your children will be influenced by your attitude and example.
- Find out more information about sensible drinking.
- Know what to do if your child comes home drunk.
- Know how, and where, you can get help and support.
- Know what to do in an emergency.

The contact details on the back of this leaflet will help you do all this.



**If your child seems seriously ill
or is very drowsy or unconscious,
call 999 at once for an ambulance**

Contacts

To find out more about alcohol and young people, and help and support which is available locally:

- Call the free Grampian Healthline **0500 20 20 30**
- Visit a local healthpoint at 181 Union Street, Aberdeen, or 239 High Street, Elgin
- Ask your GP or other health staff at your local GP practice or health centre

Or contact

- Alcohol Advisory and Counselling Service **01224 573887**
- Crown Street Alcohol Centre **01224 591562**
- Moray Council on Addiction **01343 552211**
- Community Substance Misuse Service, Aberdeenshire Council **01346 516800**

Or call the national Drinkline on **0800 917 8282**

The Scottish Executive has produced a fuller leaflet

Alcohol: what every parent should know which is available free by contacting the Healthline number above.

