

Alcohol

Everyone wants to be liked, have lots of friends and be fun to be with. Coming to university can be daunting and many students use alcohol to help them socialise and feel relaxed. It seems to impact on pent up feelings of anxiety and uncertainty, reducing your inhibitions so you feel better.

Alcohol appears to be at the centre of student social life, and if taken in moderation it can help to relax and unwind with friends. But too much alcohol can have serious consequences eg accidents, unplanned sex, unwanted pregnancy.

This leaflet will give you more advice about alcohol and its effects.

Same day appointments

Monday to Friday

Access through **iPoint**

Workshops and support groups

See website for details

hud.ac.uk/wellbeing-disability-services



Wellbeing and Disability Services
Level 4
Student Central
Email. studentwellbeing@hud.ac.uk
Tel. 01484 471001



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What is 1 unit of alcohol?

1/2 pint beer, lager or cider
1 single spirit
1 (125 ml) glass wine

Recommended maximum:

Women - no more than 2-3 units per day
(maximum 14 units per week)

Men - no more than 3-4 units per day
(maximum 21 units per week)

Size and experience may have some bearing on the amount you are able to drink and remain coherent and conscious.

What happens when you drink

You gradually feel more carefree and social inhibitions become relaxed. Common reactions are talkativeness, cheerfulness, contentment, sociability. But as with any drug, the actual effects of alcohol depend very much on environment and mood. Alcohol can also release normally controlled emotions, impair your judgement and alter your perceptions.

Physical changes

Alcohol depresses your central nervous system and causes minor changes in blood circulation - increased heart rate and dilation of blood vessels in the skin. It causes sweating, can depress the temperature regulating mechanism in your brain and cause inflammation of the stomach lining.

How to tell if you have a drinking problem

- Inability to control drinking - whatever you decide beforehand, you often end up drunk.
- Using alcohol to escape problems.
- Change in personality.
- High tolerance level - drinking everyone else 'under the table'.
- Blackouts - not remembering what happened.
- Problems at college or work as a result of drinking.
- Concern shown by family and friends about drinking.

What to do about a hangover

- This is the body's reaction to breaking down the alcohol.
- Symptoms include headache (caused by dehydration), tiredness and upset stomach.
- Preventing dehydration will help recovery.
- Drink plenty of water or isotonic drinks.
- Replenish the body's salt and sugar levels.
- Avoid tea and coffee - they will increase dehydration.
- Try to plan your drinking times so they will not disrupt other activities.

Remember

If you have, or suspect you have, a drinking problem there are many others like you and there is help available.

Other Useful Contacts

Counselling Service

Tel. 01484 471001

Email. counselling@hud.ac.uk

Alcoholics Anonymous

www.alcoholics-anonymous.org.uk

Kirklees Alcohol Advisory Service

Tel. 07966 306334

Email. kaas43@yahoo.co.uk

