

What can you do?

- Try to get involved in activities at school or near home.
- Find someone to talk to...
a family member or someone outside the family like a teacher, youth worker or the AAS 12-21. Talking about how you feel and what is happening at home can help you and your family.

Remember...

- It's not your fault. Young people cannot cause or stop their Mum or Dad having a problem with alcohol.
- Don't shut out your friends, they can be understanding.
- Try not to hide things or keep secrets, this can make the problem worse.
- It's OK to hate the problems caused by alcohol and still love the person.

FREE, confidential help

for anyone aged 12-21

Tel: **627656** Text: **414240**

Email: aas12-21@iom.com



Tel: 627656 Text: 426400
aas@iom.com



Tel: 627650 Text: 496048
drugaware@iom.com



Tel: 627656 Text: 414240
aas12-21@iom.com



Tel: 622011 Text: 498985
gamcareisleofman@iom.com



AAS 12-21 is managed by Motiv8 Addiction Services
Manx Registered Charity No. 275



FREE, CONFIDENTIAL HELP
for anyone aged 12-21
affected by their own or
their parent's drinking



Alcohol is so commonly used on the Isle of Man that it is easy to forget the harm it can cause. If you choose to drink there are some facts you should know.

Alcohol is a drug that changes the way we think, feel and behave. It is a depressant drug which slows down your reactions and the way your body works. Drinking alcohol can make you feel different depending on your mood, where you are, and who you are with.

Alcohol has a bigger effect on young people because of your size, age and maturity. Smaller amounts of alcohol will therefore lead to bigger consequences.

Drinking lots of alcohol at once can lead to all sorts of situations that can cause problems. Some problems experienced by young people on the Isle of Man are:

- not getting home safely
- unsafe sex
- arguments and fights
- accidents
- trouble with the police
- alcohol poisoning
- overdose

Some of these things may have happened to you. You don't need to be 'addicted' to alcohol for it to cause you difficulties.

- Do you drink to block out thoughts and feelings?
- Are you aware that you're drinking more?
- Are you arguing with your friends and family about your drinking?

If you think you may be having problems due to your drinking contact the AAS 12-21 for further information or to arrange to speak in confidence with a young person's alcohol worker call **627656** or text **414240**

Essential overdose advice

- People can die from drinking too much alcohol.
- Never leave someone who is very drunk on their own especially if they are sleepy.
- If you can't wake them call an ambulance.
- Put them on their side so if they are sick they don't choke on their vomit.
- Stay with them until help arrives.

What if Mum or Dad drink too much?

You're not alone. Over 2 million young people in Britain are affected by their parents drinking.

Some of the feelings you might have are:

frustration, anger, guilt, shame, anxiety, fear, sadness and isolation, everyone feels different.

- Alcohol affects the way people behave. Sometimes parents who drink too much aren't able to show they love you.
- Alcohol can make people say things they don't mean and stop them caring for you properly.
- People can get irritable, anxious and depressed when they have an alcohol problem.
- Remember it's the alcohol causing these feelings and behaviours - not you.

