



## **Alcohol, Booze, Drink.**

### **What is it?**

One of the most commonly used drugs of them all, alcohol comes in many different forms like wine, beer and spirits. Addicts sometimes turn to extreme forms like chemical alcohol or meths. Alcohol is a depressant.

### **The highs**

It helps people relax socially. They can become more animated and it can appear to drown worries. It has been known to increase sexual desire.

### **The lows**

Within safe limits, alcohol is not dangerous. But drinking too much can cause vomiting, dehydration and hangovers, (and drinking too much too quickly, can lead to the risk of coma). It has been related to violence more than any other drug. (It has also been identified as a causative factor in accidents). It is both physically and mentally addictive and drinking too much over a long period can cause liver damage.