



Supporting recovery
Reducing harm
Rebuilding lives

Alcohol: the facts

Did you know?

- The recommended units per week for men or women is 14. For example: 6 pints of beer (4%) or 6 glasses of wine (175ml, 13%).
- Alcohol is a depressant.
- When mixed with cocaine it produces a toxic substance called cocoethylene which can be fatal.
- It takes approximately 1 hour for the body to process 1 unit of alcohol, depending on circumstances.
- Nothing but time will sober you up.
- Fizzy mixers speed up the affects of alcohol on the body.
- A standard glass of wine (175ml, 13%) contains approximately 160 calories.
- A pint of 5% beer contains approximately 239 calories, which is the equivalent of one Mars bar.

Alcohol and your health

- Alcohol is a causal factor in more than 60 medical conditions.
- Drinking at any stage of pregnancy can cause harm to the baby.
- Binge drinking can lead to short term injury such as falls, accidents and assaults.
- The long term effects of drinking are extensive and include: depression, anxiety, strokes, liver disease, cancer, brain/nerve damage. It can be fatal.
- Liver disease is the fifth biggest killer in England and Wales.
- Alcohol withdrawals can be fatal, so an agreed reduction plan must be adhered to.
- Regular drinking lowers the level of serotonin in the brain, which effects your mood.

Alcohol and the law

- The legal age to buy alcohol is 18.
- Driving or attempting to drive with excess alcohol can lead to a prison sentence of six months, a fine of up to £5,000, a driving ban of between 12 and 36 months and between 3 and 11 penalty points. You can also receive punishment if you are in the driver's seat whilst under the influence of alcohol above the legal limit (0.35mcg).
- Causing death by drink driving can result in 14 years in prison, an unlimited fine and a driving ban of at least two years.
- Refusing to provide a breath, blood or urine sample for analysis, whilst in charge of a vehicle, can lead to six months imprisonment, an unlimited fine and a driving ban for at least one year.
- It is against the law to drink alcohol in many public places including shopping centres.




If you are in need of support or guidance for yourself or another, please call us on:

0121 301 4141

SIAS is a partnership between Birmingham and Solihull Mental Health NHS Foundation Trust, Welcome, Aquarius, Changes UK and Urban Heard and is commissioned by Solihull Council.

We work closely together to offer easy access to appropriate support and treatment for individuals whose drug or alcohol use, or gambling has become problematic. We also offer support to their families and friends.

Find out more

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