



MUT HAN

ALCOHOL
its effects on me and my family



what about my family

Alcohol is a drug. It changes the way people think, feel and act.

- mut han sometimes causes accidents – people may fight – sometimes family
- money problems, always buying mut han not paying bills, rent, food or clothes
- mood swings, arguing, family breakdown
- crime, forget what you are doing, dealing with police, jail and fines

what if i'm pregnant?

- mut han can harm the way your baby grows and develops
- may cause miscarriage
- may affect the way your baby learns as a child and adult
- if you are pregnant, or planning to become pregnant, you should consider not drinking at all
- if you're breastfeeding it's safest not to drink at all

problems for baby

- breathing trouble when born
- weak muscles
- bone and heart problems
- can't sleep well

cuz, drinking too much can make you sick

hangovers

- sick in the stomach
- headaches
- feeling unwell

high blood pressure

- chest pain
- breathing problems
- heart disease

liver disease

- hurts to touch
- gives you pain

brain damage

- loss of memory

low blood sugar in diabetes

keep yourself safe

- drink in moderation
- know when you've had enough
- don't drink and drive
- if you drink, do it in safe places or with friends or family

help & more info

Alcohol & Drug Information Service
1300 13 1300 (24 hours)

Aboriginal Drug & Alcohol Council (ADAC) Inc
8361 1335

Aboriginal Health Council of SA
8321 6200



The goal of the South Australian Drug Strategy is to improve the health and well-being of South Australia by preventing the use of hard drugs and the misuse of soft drugs.

ADAC & Alcohol Services Health Subsidies are funded under the Commonwealth Government's health care system. ADAC & Alcohol Services Health Subsidies are funded under the Commonwealth Government's health care system. ADAC & Alcohol Services Health Subsidies are funded under the Commonwealth Government's health care system. ADAC & Alcohol Services Health Subsidies are funded under the Commonwealth Government's health care system.