

ALCOHOL

GURRBI WOMMA

its effects on me and my family



what about my family

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

- gurrbi womma sometimes causes accidents – people may fight – sometimes family
- memory problems, always leaving gurrbi womma, not paying bills, rent, food or clothes
- mood swings, arguing, family breakdown
- crime, forget what you are doing, driving with gurrbi womma and fines

what if I'm pregnant?

- gurrbi womma can harm the way your baby grows and develops
- may cause miscarriage
- may affect the way your baby learns to think and act
- if you are pregnant, or planning to become pregnant, you should **never** 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
- vision and hearing problems
- can't sleep well

but, drinking too much can make you sick

- hangovers**
- sick to the stomach
 - headache
 - 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 with friends or family

help & more info

Alcohol & Drug Information Service
1300 451 451

National Drug & Alcohol Council (NDAC)
1300 451 451

National Health Council of SA
1300 451 451

The goal of the South Australian Drug, Alcohol & Tobacco Action Plan is to improve the health and well-being of South Australians by promoting the use of alcohol, drugs and tobacco in a safe and responsible way.

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