



SGS Wellbeing Service &
Students' Union

ALCOHOL USE

wellbeingservice@sgscol.ac.uk

What is alcohol misuse?

Alcohol misuse means drinking excessively – more than the lower-risk limits of alcohol consumption. To keep your risk of alcohol-related harm low, the NHS recommends:

- not regularly drinking more than 14 units of alcohol a week;
- if you drink as much as 14 units a week, it's best to spread this evenly over 3 or more days;
- if you're trying to reduce the amount of alcohol you drink, it's a good idea to have several alcohol-free days each week.

Regular or frequent drinking means drinking alcohol most weeks. The risk to your health is increased by drinking any amount of alcohol on a regular basis.

If a person is under 18 and drinking alcohol in public, they can be stopped, fined or arrested by police.

Adolescent Alcohol Abuse

In the last several decades, a growing number of teens have started abusing alcohol. Because adolescents' brains are still developing, teenage drinking behaviors vary greatly compared to adult patterns.

Many adolescents who participate in underage drinking are unaware of the long-lasting complications that can transpire from alcohol use. Teens may turn to alcohol for various reasons including peer pressure, wanting to experiment or have fun. There are also behavioral, physical and environmental factors that may play a role in the risk of adolescent alcohol abuse.

If you are concerned that you or someone you care about has a problem with alcohol there is lots of help available.

How to get help

Speak to any member of staff or email your concerns to college's Safeguarding Team at wellbeingservice@sgscol.ac.uk

For more information, advice and guidance visit [Ecampus](#)

Other support

[Bristol Drugs Project](#)

[0117 987 6000](tel:0117 987 6000)

[Change, Grow, Live](#)

[Drinkaware](#)

[Gloucestershire Drug & Alcohol Services](#)

[01452 223014](#) (Gloucestershire)

[01242 584881](#) (Cheltenham)

[01453 755711](#) (Stroud)