

## Easy Read- Alcohol

### What Is Alcohol



Alcohol is a liquid in drinks such as beer and wine, which makes you feel drunk



When people are drunk, they might be sick or fall over



Some people have fights when they are drunk





Many people drink at parties or to have fun. It is okay to drink alcohol as long as you do not drink too much



You should not drink more than 6 beers or 7 glasses of wine in a week



You should also make sure you do not drink alcohol every day, try to have at least 4 alcohol free days a week



When some people drink too much alcohol, they get in trouble with the police





Drinking too much alcohol can also lead to you hurting yourself or someone else



Drinking too much alcohol may mean you are more likely to get diseases such as cancer



If you have been drinking too much alcohol for a long time, it can be difficult to stop



When you try to stop drinking alcohol, you might notice your hands shake, you feel sad or that you cannot get to sleep





If you want help to stop drinking,  
you can speak to the drug and  
alcohol team or your GP

You can phone or email your local drug and alcohol service using  
the following details:



If you live in **Middlesbrough**:

Phone: 01642726800

Email:

[accessingchangetogether@middlesbrough.gov.uk](mailto:accessingchangetogether@middlesbrough.gov.uk)

If you live in **Stockton**:

Phone: 01642673888

Email: [Stockton.recovery@cgl.org.uk](mailto:Stockton.recovery@cgl.org.uk)

If you live in **Hartlepool**:

Phone: 01429285000

Email:

[substancemisuse@hartlepool.gov.uk](mailto:substancemisuse@hartlepool.gov.uk)

If you live in **Redcar and Cleveland**:

Phone: 03003033781

If you live in **Newcastle**:

Phone: 0191 206 1100

Email: [ntarreferrals@cntw.nhs.uk](mailto:ntarreferrals@cntw.nhs.uk)

If you live in **Sunderland**:

Phone: 0800 234 6798 (Wear Recovery)

Email: [Sunderlandaccessteam@cgl.org.uk](mailto:Sunderlandaccessteam@cgl.org.uk)

If you live in **County Durham**:

Phone: 03000 266 666

Email: [cddars.adult@waythrough.org.uk](mailto:cddars.adult@waythrough.org.uk)

If you live in **Gateshead**:

Phone: 0191 594 7821

Email: [grp.referrals@cgl.org.uk](mailto:grp.referrals@cgl.org.uk)

If you live in **Northumberland**:

Phone: 01670 798 200

Email: [nrp\\_admin@cntw.nhs.uk](mailto:nrp_admin@cntw.nhs.uk)

If you live in **South Tyneside**:

Phone: 0191 917 1160

Email:

[waythrough.stadultrecoveryservice@nhs.net](mailto:waythrough.stadultrecoveryservice@nhs.net)

If you live in **North Tyneside**:

Phone: 0191 640 0180

Email: [NTRP\\_Admin@cntw.nhs.uk](mailto:NTRP_Admin@cntw.nhs.uk)

