

DIVERSE COMMUNITIES TEAM

We provide a free service in Gujarati, Hindi, Punjabi, and Polish for anyone living in Leicester.

Asking for help and support for an alcohol issue can be scary, particularly if you face language and cultural difficulties. We offer residents of Leicester a safe and confidential environment where we provide professional advice and information for your benefit through one to one support, group work, wellbeing assessments, and more.

For more information, please contact a member of our team today.

Nimisha - 07484 501002 (Gujarati, Hindi)
Sadaf - 07484 503879 (Punjabi, Hindi)
Sumayya - 07890 037274 (Gujarati, Hindi)
Julia - 07484 501014 (Polish)

**We're here for you,
whenever you're ready.**

Turning Point

is a drug and alcohol prevention, treatment and recovery service.

We provide free and confidential support at our offices in the city centre and within community spaces across Leicester.



Website:

www.turning-point.co.uk/services/leicester



Scan this QR code with your camera to visit our website



Address:

38 Friar Lane, Leicester, LE1 5RA



Telephone:

0303 300 6000



Email:

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Alcohol Advice

We offer free confidential support and advice about alcohol and its effect on your life

WHAT IS ALCOHOL?

Alcohol is a chemical substance containing ethanol. It is a depressant drug that slows down your central nervous system leading to the effects of intoxication. Consuming alcohol can cause health issues that affect the brain, nerves, heart, stomach, liver, pancreas, and other organs. It can also affect your mental health, and other areas of your life, such as family, work, finances, or legal trouble.

Increased alcohol consumption may lead to:

- weight loss or weight gain
- loss of appetite
- pins and needles in your hands and feet
- depression and anxiety
- heartburn or indigestion
- short-term memory loss
- yellow eyes (jaundice)
- high blood pressure
- insomnia
- mood swings
- self-neglect



What are units?

One unit = 10ml of ethanol. The stronger the drink, the more ethanol it contains, and the greater number of units. Different drinks have different amounts of pure alcohol (ethanol).

What does 1 unit look like?

- 250ml beer 4%
- 25ml whiskey 40%
- 218ml cider 4.5%
- 76ml wine 13%
- 275ml alcopop 4%

14 units spread across the week, is the maximum amount of alcohol consumption recommended for both men and women under the age of 65.

People aged 65 and over should not regularly drink more than 11 units per week.

Alcohol Dependence

If you drink every day, you could have a physical dependence on alcohol and may notice some of the withdrawal symptoms listed below. Withdrawal symptoms usually occur in the morning or when you haven't had a drink for a few hours and can include:

- tremor in the hands
- sweats
- hot and cold flushes
- anxiety
- nausea, retching or vomiting
- increased heart rate
- seizures
- cravings

If you experience any withdrawal symptoms, DO NOT STOP DRINKING SUDDENLY.

Withdrawing from alcohol can be extremely serious.

Call 999 if your symptoms are severe.