

## How can I get help?

Detoxification usually involves daytime or overnight hospital programs that combine medical detoxification, group or individual counseling and behavioral education.

Medications may also be used to counteract the effects of withdrawal. Therapy treatment such as individual or group counseling.



# Alcohol



## Contact Us

Please contact us for further information.

Centre for Student Development and Counselling

416-979-5195

[www.ryerson.ca/counselling](http://www.ryerson.ca/counselling)

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Everyone Makes a Mark

# Did you know?

Alcohol is a psychoactive drug falling under the category of depressants, and is the most widely used drug in the world.

Alcohol has addictive qualities that can lead to significant consequences.

## Alcohol Misuse: What Is It?

Alcohol misuse is the consumption of an amount of alcohol that exceeds the recommended daily limits.

The recommended daily limits are:

Men: 3-4 drinks (units) per day

Women: 2-3 drinks (units) per day

### Signs of misuse:

- Frequently exceeding the recommended daily limit of alcohol consumption
- Not being able to control amount of alcohol intake
- Not being able to remember what happened the night before
- Missing work or school because of being drunk or hung over

### Who Drinks Alcohol in Canada?

- 77% of Canadians (ages 15+) reported drinking alcohol in the last year. Youths exhibit three times the rate of heavy drinking compared to adults.
- In 2000, 87% of Canadian university students reported drinking alcohol in the past year.
- 71% of men and 56% of women reported heavy drinking on a single occasion.
- Youth (ages 12-18) are more prone to developing alcohol addiction due to peer pressure, excessive partying, poor judgement, and incomplete maturity.
- The prevalence of lifetime harm that adults reported was 22.8%, whereas youth reported 33.7%.
- Alcohol misuse is ten times higher for smokers versus non-smokers.

### What are the consequences?

Alcohol use affects the central nervous system, liver, immune system, and cardiovascular system.

Withdrawal symptoms include:

- Tremors
- Anxiety
- Depression
- Fatigue
- Delirious hallucinations
- Heightened irritability
- Headaches
- Nausea and vomiting
- Heart palpitations
- Loss of appetite
- Excessive sweating
- Rapid heart rate
- Fever
- Convulsions
- Blackouts

Long-term and heavy alcohol consumption can lead to many social and psychological consequences, including:

- Injury in motor vehicle accidents due to drivers with illegal blood alcohol levels.
- Violence and aggression due to reduced self-awareness.
- 80% of alcoholics experience depressive symptoms, 30% experience major depressive episodes, and almost everyone experiences anxiety.

Women who are pregnant should abstain from alcohol consumption. Exposure can cause severe defects and abnormalities.