



What is binge drinking?

Drinking large amounts of alcohol in a short period of time causing intoxication (heavy, single occasion drinking) is what is referred to as binge drinking. A 'binge' is considered 5 or more drinks for men, or 4 or more drinks for women on one occasion.



The dangers of binge drinking

Binge drinking is a greater public health problem than alcoholism, as it affects a higher percentage of drinkers and has wide-reaching impacts on the health, safety, and wellbeing of individuals and communities.

Binge drinking is more harmful to brain cells than any other pattern of drinking. You may put yourself in risky situations when 'binging' (driving while impaired, having unprotected sex, taking unsafe action that could cause injury).

Binge drinkers often pass out and then throw up which can lead to choking. Binge drinkers are often absent from work, or are less productive while drinking or experiencing a hangover.

Immediate effects of binge drinking include trouble walking, low blood pressure, blurred vision, lowered breathing, slurred speech, lowered pulse, becoming aggressive or violent, vomiting, blacking-out, clammy skin, and in extreme cases, death.

The long-term effects of binge drinking include permanent brain damage, skin problems, stomach ulcers, vitamin deficiencies, sexual problems, mood changes, liver damage, heart and circulatory problems, problems at work or home, and memory loss.

Signs of alcohol overdose

Signs of cold clammy, pale or bluish skin, non-responsive to efforts to be awoken, not waking up after vomiting, slow shallow breathing (8 breaths per minute or less), not responding to being pinched, poked or shaken, rapid heartbeat and being unable to stand.

How to know if you are a binge drinker

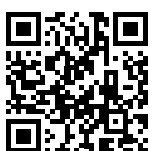
Even if you don't drink alcohol every day, you could be a binge drinker if you regularly drink:

- To get drunk.
- More than the daily unit guidelines in a single session.
- Quickly.

If you suspect someone has an alcohol overdose (poisoning), get medical help as soon as possible and do not leave the person alone. Place the person on their side in the recovery position until medical help arrives.

Get help!

If you have difficulty stopping drinking once you've started, it could indicate binge drinking or alcohol dependence. Seeking help from a doctor or counsellor is recommended for guidance on cutting down and accessing support services.



Toll-free: **0800 111 011**

Request a call back: ***134*905#**

Get in touch online: **<http://app.lyrawellbeing.health/>**

Your departmental code: **WES007**

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