

**Alcohol
Awareness
Week**

Alcohol Awareness Week

7th-13th July 2025

Around 10 million of us are regularly drinking alcohol in ways that can harm our health and wellbeing. Alcohol is the biggest risk factor for death, ill-health, and disability among 15-49 year-olds in the UK.

Harmful drinking can cause significant issues not only for the alcohol user, but also for members of their family. This can appear in the form of health problems, financial worries, relationship breakdown and parenting difficulties.

More than 220,000 children in England live in a household with an adult who is alcohol dependent and who may need specialist treatment, and estimates show that the number living with someone who is drinking harmfully could be much higher.

Did you know...?

- It takes the average adult one hour to process one unit of alcohol.
- Alcohol may help you drop off to sleep but it lowers the quality of your sleep.
- Alcohol has almost the same calories per gram than pure fat. Also, calories in alcohol are considered 'empty' calories, as they don't provide any nutrients.

The UK's Chief Medical Officers say that an alcohol-free childhood is best. That means no alcohol until at least 15 years of age; only very small amounts between the ages of 15 and 18, and never more than once a week. The main reason for this is that young people's bodies are continuing to grow and change, and so alcohol can cause serious and long-lasting damage.

www.alcoholchange.org.uk/alcohol-facts/fact-sheets

www.drinkaware.co.uk

www.hounslow.gov.uk/info/20049/health_and_well_being/1219/alcohol_and_drug_misuse - local support

www.nacoa.org.uk 0800 358 3456

helpline@nacoa.org.uk - supports anyone affected by their parent(s) drinking, including adults.

www.al-anonuk.org.uk - provides support to anyone whose life is, or has been, affected by someone else's drinking.



Young people in Hounslow can text a school nurse for confidential advice and support:
07507 333176
Learn more at: bit.ly/ChatHealthPrivacy

Support is Available

Parents and carers if you would like further help or support for your child or teenager, Send a message to:

07312 263 080

Receive an answer within one working day from a qualified school nurse. Monday to Friday, 9am-4.30pm.

