

WHAT YOU NEED TO KNOW ABOUT ALCOHOL



ALCOHOL IS A TYPE OF DRUG THAT AFFECTS THE BRAIN AND BODY

TYPES OF ALCOHOL

Beer ~ 5% Alcohol
Wine ~ 12% Alcohol
Liquor ~ 40-50% Alcohol



AFFECTS ON THE BODY

Alcohol disrupts the brain's communication pathways, leading to mood and behavior changes, difficulty thinking clearly, and loss of balance.

AFFECTS ON THE DEVELOPING BRAIN

Alcohol can disrupt brain development, weaken memory and learning, and increase the risk of developing dependence later in life.



ALCOHOL AND HEALTH RISKS

Short-Term Risks:

- **Accidents:** Increased risk of accidents and injuries due to impaired coordination
- **Violence:** Higher chance of involvement in violence or risky behavior

Long-Term Risks:

- **Chronic Diseases:** Liver disease, cardiovascular problems, cancer
- **Mental Health:** Increased risk of depression and anxiety



HEALTHY WAYS TO RELEASE DOPAMINE



Exercise



Get Sunlight



Spend Time With
Friends or Family



Practice a Hobby



Eat a Balanced
Snack or Meal



Read or Journal

ALCOHOL



JOIN TOGETHER NORTHERN NEVADA

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Join Together Northern Nevada



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LIST OF RESOURCES

- Find a Treatment Facility: <http://findtreatment.gov>
- National Treatment Hotline: 1-800-662-4357
- Crisis Support Services: Call 988 or Text "care" to 839863
- Reno ASAP Alcohol and Drug Services: 620-665-6446
- Join Together Northern Nevada: 775-324-7557
- Nevada State Opioid Response: <http://nvopioidresponse.org>
- Northern Nevada HOPES: 775-786-4673
- The Life Change Center: 775-355-7734
- Washoe County Human Services: 775-785-8600
- Quest Counseling & Consulting: 775-786-6880
- Vitality: 775-322-3668
- Willow Springs: 1-800-448-9454