



Community Fact Sheets

Understanding the impact

Alcohol can effect more than you might realise. It can have an affect on many different parts of your life – not just your physical health.

Alcohol may affect your:

- physical health
- mental health
- emotions
- relationships
- work
- education
- finances
- confidence
- connection to community & culture
- safety
- spirit
- self-esteem
- sleep
- routines
- self-care
- sense of self



You don't have to drink every day for alcohol to become a problem for you. What matters is the impact it is having on you, the people around you and the things that are important in your life.

**NGARRANG
GULIWIL**
'to know poison'



ADDF

Local Drug Action Team Program

Alcohol
and Drug
Foundation


Australian Government

Artwork created by Tanisha Lovett
Gunditjmara & Wotjobaluk