

# THE ALCOHOL LANDSCAPE

LOOKING AHEAD WITH LIVED EXPERIENCE AND A  
VOICE OF RECOVERY BEHIND ME

## ALCOHOL HARM

My heavy drinking caused me to be unreliable at work

I used to be involved in alcohol fuelled anti social behaviours, and now have a criminal record

My drinking landed me in A&E

I even drank during pregnancy

I could give up binge drinking for only short periods

My drinking caused anxiety and concern to my friends and family

I used to drink and drive

Sometimes I felt like I could not stop once I started drinking

I was an underage drinker

I swore I'd never drink like my parents

## FREE FROM HARM

I no longer drink for lifestyle reasons and I feel much better for it

I am in long-term recovery from alcohol dependency (sober and clean for over 2 years continuously)

I no longer drink alcohol because I now know even minimal amounts of alcohol consumption can cause medical risks

I am a non-drinker all my life and proud of it

I am under 18 and plan to defer any decision whether to drink or not until I reach 18 years

I now live a full life alcohol free and still enjoy the company of people who drink socially

"We are literally surrounded by people who are in recovery from a substance-use disorder, but we don't know it" (Dr. John Kelly, January 2022)

If you are concerned about your own, or a loved one's drinking call the HSE's confidential freephone helpline on 1800 459 459 (Monday - Friday 9:30 am - 5:30 pm) or try the HSE AUDIT tool [here](#).

Created by: Paddy Creedon | Design by: Fiona Ryan

[WWW.PADDYCREEDON.COM](http://WWW.PADDYCREEDON.COM)