



Substance Use Fact Sheet

SUBSTANCE INFORMATION | ALCOHOL

This Fact Sheet is a compilation of trustworthy resources to support your learning about Alcohol.



ALCOHOL RESOURCES

Alcohol is a depressant substance that can slow down the parts of the brain that affect thinking, behaviour, breathing and heart rate. Alcohol is legal for people 19 and older in BC. Alcohol consumption beyond recommended limits may cause harm to physical health and have negative psychological, financial, interpersonal and legal consequences.

Click on the links below to understand the health effects of alcohol and harm reduction approaches.

Understanding the Health Effects of Alcohol	Treatment of Alcohol Use Disorder
COVID-19 & Increased Alcohol Consumption	Clinical Care Guidelines for Alcohol Use Disorder
Cost of Substance Use in Canada to Society	Canadian Alcohol Use Disorder Society
Alcohol Related Health Risks	Alcohol Use Disorder Documentary Video
BC Alcohol and Other Drug Monitoring Project	Alcohol Use Disorder Screening
Alcohol and the Immune System	SMART Recovery: Self-Management and Recovery
Alcohol (Canadian Drug Summary)	Interior Health Substance Use Services
Alcohol Use Disorder Among Older Adults	First Nations Health Authority Treatment Resources
Alcohol and Youth	Alcohol Harm Reduction
Student Suggestions to Reduce Heavy Episodic Drinking	Canada's Low-Risk Alcohol Drinking Guidelines
Youth and Alcohol	Low Risk Alcohol Drinking: Communications Toolkit
They are Always Watching: Tips for Parents	Safer Drinking Tips During COVID-19
The Foundry: Alcohol Resources for Youth	Counting Your Drinks
Drink Monitoring Apps & Tools for Youth	Here to Help: Mental Health & Substance Use Information
Alcohol and Drug Use in Young People	Knowing Your Limits: Practical Guide to Assessing Your Drinking
Healthy Families BC: Alcohol Sense	COVID-19 Alcohol & Cannabis Use
	Drink Control or Sobriety Applications

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