

Bust the Myths About Alcohol and Drugs



Beer before wine or wine before beer?

False: It is the amount of alcohol you consume that will affect how you feel, rather than the specific order of drinks

Coffee & water will sober me up at the end of the night

False: The only thing that will sober you up is simply giving it time to get out of your system. Water will help with the hangover the next day though so grab a glass before bed.



Students at university get drunk all of the time

False: Whilst some students choose to get drunk on occasions, only 9% of students intentionally get drunk more than once a week and a further 25% choose to not drink at all



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Cocaine & alcohol cancel each other out



False: when you mix cocaine and alcohol, your body produces cocaethylene. This product is stronger than both cocaine and alcohol, and increases the risk of sudden death. Always check the interactions between the drugs you're mixing.

Putting an extra shot in my friends drink is just a bit of fun

False: Putting extra alcohol in your friend's drink without their knowledge is an example of spiking and can have serious consequences for you and your friend.

Just enjoy the night and leave them to choose how much they drink.



Cannabis helps with comedowns

False: Cannabis can worsen comedowns by increasing your anxiety. If you go to bed high on cannabis, the quality of your sleep will decrease

