

**NHS Greater Glasgow & Clyde  
Search for Multilingual Health Information Resources**

**Alcohol**

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## Scope

The alcohol was broken down into a comprehensive list of sub-topics. The sub-topic list was compiled by the Public Education Resource Library, NHS Greater Glasgow & Clyde. The research for this topic was carried out in the week beginning 16<sup>th</sup> April 2007 for one week only.

The sub-topics searched were:

- Units of alcohol
- Foetal alcohol syndrome
- Alcohol and pregnancy
- Sensible drinking
- Binge drinking
- Alcohol problem
- Effects of alcohol
- Alcohol in society
- Alcohol and young people
- Alcohol information for parents
- Alcohol in the workplace

## Specialist Alcohol Sources

### **Addaction**

<http://www.addaction.org.uk/index.html>

### **Adfam**

<http://www.adfam.org.uk/index.php>

### **Alcohol concern**

<http://www.alcoholconcern.org.uk/servlets/home>

### **Alcohol Information Scotland**

<http://www.alcoholinformation.isdscotland.org/>

### **Alcoholics Anonymous**

<http://www.alcoholics-anonymous.org.uk/>

### **Al Anon**

<http://www.al-anonuk.org.uk/alanon/index.asp>

### **Alcohol Focus Scotland**

<http://www.alcohol-focus-scotland.org.uk/>

### **British Liver Trust**

<http://www.britishlivertrust.org.uk/content/home/default.asp>

### **Down your drink**

<http://www.downyourdrink.org.uk/>

### **DrinkAware**

<http://www.drinkawaretrust.org.uk/>

### **Drugs and Alcohol info**

<http://www.drugsalcohol.info/Home.aspx>

### **Drinkline**

0800 917 8282

**Early Break**

<http://www.earlybreak.co.uk/>

**EATA (European Association for the treatment of addiction)**

<http://www.eata.org.uk/>

**HIT**

<http://www.hit.org.uk/default.asp>

**Hope UK**

<http://www.hopeuk.org/>

**Institute of Alcohol Studies**

<http://www.ias.org.uk/index.html>

**National Association for Children of Alcoholics**

<http://www.nacoa.org.uk/>

**Smart Recovery**

<http://www.smartrecovery.org/>

**The Blenheim Project**

<http://www.theblenheimproject.org/index2.html>

**Turning Point**

<http://www.turning-point.co.uk/>

**The Portman Group**

<http://www.portmangroup.co.uk/>

## Alcohol Multilingual Health Resources Directory

<p><b>About alcohol</b></p> <p>Description Information about the problems of excessive drinking.</p> <p>Format Leaflet</p> <p>Language Punjabi, Urdu</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Alcohol Focus Scotland <a href="http://www.alcohol-focus-scotland.org.uk/">http://www.alcohol-focus-scotland.org.uk/</a></p>	<p><b>Alcohol</b></p> <p>Description Information regarding preventative aspects of alcohol problems.</p> <p>Format Text, audio</p> <p>Language Arabic, Chinese, English, Punjabi, Somali, Urdu</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Sounds Healthy <a href="http://www.soundshealthy.nhs.uk/">http://www.soundshealthy.nhs.uk/</a></p>
<p><b>Alcohol</b></p> <p>Description Information about excessive drinking.</p> <p>Format Leaflet</p> <p>Language Chinese</p> <p>Cost Free to download</p> <p>Published 1998</p> <p>Contact Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a></p>	<p><b>Alcohol – a summary</b></p> <p>Description A leaflet summarizing the effects of alcohol.</p> <p>Format Leaflet</p> <p>Language Chinese, Punjabi, Urdu</p> <p>Cost Free to download</p> <p>Published 2003</p> <p>Contact Patient UK <a href="http://www.patient.co.uk/">http://www.patient.co.uk/</a></p>
<p><b>Alcohol and depression</b></p> <p>Description Information about excessive drinking and depression.</p> <p>Format Leaflet</p> <p>Language Chinese</p> <p>Cost Free to download</p> <p>Published 2998</p> <p>Contact Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a></p>	<p><b>Alcohol and drugs</b></p> <p>Description Information about alcohol and drugs.</p> <p>Format Leaflet</p> <p>Language Chinese</p> <p>Cost Free to download</p> <p>Published 1998</p> <p>Contact Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a></p>
<p><b>Alcohol Know the Facts</b></p> <p>Description Information about alcohol</p> <p>Format Leaflet</p> <p>Language Chinese, Punjabi, Urdu</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact NHS Greater Glasgow &amp; Clyde <a href="http://www.nhsggc.org.uk/perl">http://www.nhsggc.org.uk/perl</a></p>	<p><b>Alcohol our favourite drug</b></p> <p>Description Information about excessive drinking.</p> <p>Format Leaflet</p> <p>Language Chinese</p> <p>Cost Free to download</p> <p>Published Unknown</p> <p>Contact Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a></p>

<p><b>Alcohol and drug problems happen in all kinds of families</b></p> <p>Description Presents information on how counselling can help drug and alcohol problems in families.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free to download</p> <p>Published 1999</p> <p>Contact NSW Multicultural Health Communication Service <a href="http://www.mhcs.health.nsw.gov.au">http://www.mhcs.health.nsw.gov.au</a></p>	<p><b>Alcohol misuse</b></p> <p>Description A leaflet summarizing the effects of alcohol misuse.</p> <p>Format Leaflet</p> <p>Language Urdu, Turkish</p> <p>Cost Free to download</p> <p>Published 2005</p> <p>Contact NHS Direct <a href="http://www.nhsdirect.nhs.uk">http://www.nhsdirect.nhs.uk</a></p>
<p><b>Alcoholism is an illness</b></p> <p>Description Information on alcohol as an illness.</p> <p>Format Leaflet</p> <p>Language Punjabi, Urdu</p> <p>Cost 60 pence for English/Punjabi 30 pence for Urdu only</p> <p>Published Unknown</p> <p>Contact Al-Anon <a href="http://www.al-anonuk.org.uk/">http://www.al-anonuk.org.uk/</a></p>	<p><b>Alcohol What Every Parent Should Know</b></p> <p>Description Information on Alcohol for Parents/Carers</p> <p>Format Leaflet</p> <p>Language Mandarin, Punjabi, Turkish, Urdu</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact NHS Greater Glasgow &amp; Clyde <a href="http://www.nhsggc.org.uk/perl">http://www.nhsggc.org.uk/perl</a></p>
<p><b>Drinking alcohol: how much is healthy?</b></p> <p>Description Guide to safe drinking.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free to download</p> <p>Published 2000</p> <p>Contact NSW Multicultural Health Communication Service <a href="http://www.mhcs.health.nsw.gov.au">http://www.mhcs.health.nsw.gov.au</a></p>	<p><b>Drugs and alcohol for young people</b></p> <p>Description Information about excessive drinking and depression.</p> <p>Format Leaflet</p> <p>Language Arabic and Chinese</p> <p>Cost Free to download</p> <p>Published 1998</p> <p>Contact Royal College of Psychiatrists <a href="http://www.rcpsych.ac.uk/">http://www.rcpsych.ac.uk/</a></p>
<p><b>Liver cirrhosis</b></p> <p>Description What are the causes and effects of cirrhosis of the liver.</p> <p>Format Leaflet</p> <p>Language Chinese and English</p> <p>Cost Free to download</p> <p>Published 2007</p> <p>Contact department of Health, Hong Kong <a href="http://www.hkmenshealth.com/eng/home/home.asp">http://www.hkmenshealth.com/eng/home/home.asp</a></p>	<p><b>Liver biopsy</b></p> <p>Description Information about the liver biopsy procedure.</p> <p>Format Leaflet</p> <p>Language Chinese, English, Urdu</p> <p>Cost Free to download</p> <p>Published 2002</p> <p>Contact British Liver Trust <a href="http://www.britishlivertrust.org.uk/">http://www.britishlivertrust.org.uk/</a></p>

<p><b>Liver function tests</b></p> <p>Description Information about the liver function test.</p> <p>Format Leaflet</p> <p>Language Chinese, English, Urdu</p> <p>Cost Free to download</p> <p>Published 2002</p> <p>Contact British Liver Trust <a href="http://www.britishlivertrust.org.uk/">http://www.britishlivertrust.org.uk/</a></p>	<p><b>Liver ultrasound</b></p> <p>Description Information about a liver ultrasound.</p> <p>Format Leaflet</p> <p>Language Chinese, English, Urdu</p> <p>Cost Free to download</p> <p>Published 2002</p> <p>Contact British Liver Trust <a href="http://www.britishlivertrust.org.uk/">http://www.britishlivertrust.org.uk/</a></p>
<p><b>Sensible drinking</b></p> <p>Description Information about drinking sensibly.</p> <p>Format Leaflet</p> <p>Language Punjabi, Urdu</p> <p>Cost Free to download or 10 pence each</p> <p>Published Unknown</p> <p>Contact Alcohol Focus Scotland <a href="http://www.alcohol-focus-scotland.org.uk/">http://www.alcohol-focus-scotland.org.uk/</a></p>	<p><b>Talking to teenagers about alcohol</b></p> <p>Description How parents can teach good sense with alcohol.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free to download</p> <p>Published 1997</p> <p>Contact NSW Multicultural Health Communication Service <a href="http://www.mhcs.health.nsw.gov.au">http://www.mhcs.health.nsw.gov.au</a></p>