



Alcohol after ABI

"I had a few drinks at a friend's party. It was really strange, the more I drank alcohol the more I wanted to. I just couldn't seem to stop myself and whenever anyone poured me another drink, I just drank it.

I started on the cider first. I liked the taste because it was sweet. I started to feel really light-headed and got very giddy. My friend then asked if I wanted to try some vodka. I hadn't had vodka before. It is really strong and I mixed it with coke so that I could drink it.

I didn't seem to have too many but an hour after drinking it, I had a really bad headache. I then fell off my chair and everyone was laughing at me. I felt so stupid!

When I woke up in the morning I had the worst headache I have ever had in my life. It felt like someone was banging my skull with a hammer and it really hurt. I couldn't eat anything for a day after and I felt sick.

I don't have a head injury and the experience of getting drunk was really horrible. I dread to think what getting drunk would be like if I had an ABI. I know Amy gets lots of headaches and can be wobbly on her feet; alcohol would just make this worse and she could really hurt herself.

Young people will always want to experiment with alcohol at some point but they should think twice if they have an ABI. Hangovers are really horrible and this can be made much worse if you have a head injury and you could also put yourself in danger whilst drunk. I will think twice before binge drinking again."

