



**mike**

## Alcohol

“My mates used to go to the park to get drunk. There is this little stream there and a secluded bit under the trees. One of the lads looked 18 and got some cheap cider from the local shop. They got really drunk one day.

This one lad had so much to drink that he collapsed and fell into a ditch. He was in a very deep sleep. All of his mates were too drunk to notice and thought he'd gone home when they weren't looking.

He didn't wake up for six hours and his mum went out looking for him. She didn't know where he had got to. When he woke up it was dark and he couldn't really see where he was going. When he got home, he had a big bruise on his head and a bad headache. He really could have hurt himself and no-one would have known about it.

I can understand wanting to have a few drinks but getting that drunk is very different. He could have really hurt his head like I did. I know it's different, but I only survived my ABI because my friend was there to call the ambulance.”

