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Alcohol Awareness

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[https://www.theskillsnetwork.com/
education-sector/courses/alcohol-
awareness-training-CPD](https://www.theskillsnetwork.com/education-sector/courses/alcohol-awareness-training-CPD)

Online Distance Learning Course



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Alcohol misuse costs England around £21 billion in healthcare and crime every year. This cost varies from young people who overindulge on a night out and end up in hospital, to older people who are alcohol dependent or alcoholics.

Have you ever thought about how you could make a difference? Well, this course is designed to help raise awareness around alcohol misuse.

Our auto-marked course helps you understand the key dangers surrounding alcohol and how to avoid putting yourself or others at risk.

- Place of study: **Learn from home**
- Type of course: **Online distance learning course with no exams**
- Course duration: **An average of 3 hours**

Full customer service support will be provided throughout the course.

Within this alcohol awareness training, learners will cover the following:

Section 1: Alcohol unit strengths

In this section, your learners will cover the unit strengths of different alcoholic drinks.

Section 2: Alcohol misuse

Your learners will identify the main reasons why people may misuse alcohol.

Section 3: Effects of alcohol misuse

In this section, your learners will discover some of the psychological and physical effects of alcohol misuse.

Section 4: Health issues

This section covers the ways in which alcohol misuse can impact on health, such as nutrition, the liver, the heart, mental health and sexual health.

Section 5: Withdrawing from alcohol

Your learners will develop their knowledge of the effects of withdrawing from alcohol.

Section 6: Help and information

- In this section, your learners will cover the sources of help and information in relation to alcohol abuse.

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