

# Telling the Story of Alcohol Use and Impacts in Simcoe Muskoka

...what people said

Most people we spoke to were in agreement about light or moderate alcohol use: it's enjoyable in a social setting where it complements a meal, where alcohol is not the focus, where one or two drinks seems just right.

We see a lot in Emerg... There's obviously drinking and driving, but there's the brawls, the altercations, the falls, the injuries that are self-inflicted.

**MUSKOKA**

"It's like morning coffee" - drinking alcohol just becomes something you do because it's that time...

Police are being called to respond more and more to social incidents, many of which involve the use of alcohol... there is a cost to taxpayers for having to police these situations.

Alcohol overuse and everything that can go along with it - abusive behaviour, loss of employment, injuries and even death - are a significant cause of relationship loss.

Asking for help makes me feel vulnerable and weak... you don't want to accept help because you feel so pathetic that you don't want to feel any more pathetic.

**SIMCOE**

It seems that moderate alcohol use is not the issue – it's when it causes harm to individuals and our community that it becomes a problem.

If we are to reduce the harms and costs that come with alcohol... then we must work together to change alcohol's role in our society.

Read **FULL STORY**