

**ALCOHOL—
~~PASSPORT~~
TO BE—
COME AL—
COHOL
FREE**



HEADING

Congratulations!!! By reading this leaflet, you are on a journey to become alcohol free. This leaflet has practical information to help you on your journey, and together WE CAN DO THIS.

If this is your second, third or fourth attempt, well done you for showing the determination to try again.

Dependency on alcohol affects different people in different ways, some of us prefer to drink socially, many of us keep it to ourselves and drink when we are home alone, quite often when the children have gone to bed.

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Admitting you have a problem with alcohol is the first big step to getting help, you may consider this if you often feel the need to have a drink, if you think you are getting into financial difficulties, maybe losing work and when other people start telling you that you are drinking too much. Your health might start to deteriorate due to not eating and your sleeping pattern might also be affected. You are not alone if you have an addiction it is something that you feel that you have no control over, it controls you. It can affect your family, work and friendships, quite often making you feel isolated to the outside world.

Alcohol mainly starts as a social thing, drinking with friends at weekends etc. This is seen as enjoyable but can prove to be a powerful urge to do it again and again until you are no longer in control. Alcohol addiction can sometimes seem to be like a comfort blanket to many people. Who are dealing with everyday worries about money, depression, losing a loved one, this becomes an everyday issue, as everyday you harming your body and mind. Addiction to alcohol can be treated with the right help, a good place to start is with your family doctor, who can only help you if you are honest and explain all your feelings and your symptoms. Many people are often embarrassed about speaking of their habit, but you have to be honest with yourself, these people are here to help you and you can trust these people 100 percent.

→ TREATMENT

When you start to worry about your drinking, you are able to receive counseling, this is a very short meeting usually about 15 minutes.

This might help you to reduce the amount of alcohol you are drinking and maybe you could keep a record of your daily intake to help you know if you are drinking more one day and less the other. This will also motivate you on the road to recovery.

DETOX AND WITHDRAWAL SYMPTOMS

If you are dependent on alcohol to get by everyday, you will need to see your doctor on advice about the withdrawal, you may be given medication to help with the cravings, but you must not just give it up completely without professional help as this can cause more problems to your body. A tranquiliser called Chlordiazepoxide is usually prescribed to help with the withdrawal symptoms.

Quitting could improve your mental wellbeing.

Alcohol is proved to make people more stressed, and research shows that after quitting it makes you less stressed and anxious, this may take a few weeks before you feel this, due to the changes taking place in your body. People deal with stress in many ways, but you have to remember that drinking alcohol will only add to your problems. Try to deal with everyday urges to drink, by talking to family members and friends, and explain to them how you are feeling rather than bottling it up inside. Try to be organised in things that you do, and write down the times and places when the urge to drink comes on. Maybe you need to avoid places you would normally go to drink as this can be a massive encouragement to you. Your change of diet can also help, you might find that your taste buds have changed and some foods might also taste better.

→ STAYING SOBER

Drinking is often said to be a vicious circle, and during times of stress, you might reach for that one drink to help you, this could trigger off what you have worked hard to achieve and you will likely be drawn back into drinking again, taking you back to square one.

FOUR THINGS TO HELP YOU STAY ALCOHOL FREE, BY SAYING THIS YOU MAY FIND IT MIGHT HELPYOU

Alcohol does not solve my problems

Do not take that first drink

Break free to stay alcohol free

Keep saying to yourself that you will stick at it and things will get better.

Finding alcohol support in your area.

Make an appointment with your G.P. and get advise on help to stop drinking.

You can not give up overnight, it can be a long process, but with the right help you can achieve this.

Drinkline is the National Alcohol helpline.

Alcoholics Anonymous (A.A), it has a 12 step programme which includes getting sober with the help of regular support groups

AL—Anon. Family Groups—offers support to the family and friends of people with alcohol problems, even if they are still drinking or not.

ALATEEN—is another part of A:L-Anon and is attended by 12-17 year olds who can be affected by someone's addiction this is usually a parent of the child.



HEADING

Adfam is a National Charity which works with families, it is an online message database for local support groups.

The National Association of Children of Alcoholics (NACOA). This provides children to confidential telephone calls whom have alcohol dependant parents. The contact number is 0800 3583456.

SMART recovery are groups who help people decide if they think they have a problem, they help you get the motivation to change your life style and to put you on the road to recover.