

How can you stop drinking?

If you want to stop drinking you need to ask for help.

You need a plan to help you to stop drinking or to cut down.



You can get help from:

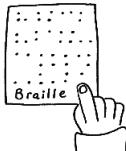
- Your GP
- The nurse at your GP surgery
- The learning disability community team



Tel:

This leaflet has been developed from an original by the Central Cheshire Alcohol Services and the Cheshire Accessible Information Team.

This leaflet is available in other languages or formats



For more information about Cheshire and Wirral Partnership NHS Foundation Trust, log onto www.cwp.nhs.uk.



Alcohol



Information for service users

Note for Carers:

Service users should be given support to go through the information in this leaflet and the information may need to be adapted to support individual needs.



There is nothing wrong with having a drink, if you drink in a sensible way.

But drinking too much alcohol can make you ill.

This leaflet tells you about:

- How much you can safely drink.
- What happens if you drink too much.
- How you can stop drinking.

If you drink too much over a long time it can make you very ill.

Alcohol can damage your body in lots of ways.

Brain

Drinking too much alcohol can make you forget things

Liver

Alcohol can damage your liver

Kidneys

Alcohol makes you wee more often. This can dry your body out if you don't drink a lot of water.

Bowels

Alcohol can give you the runs

Heart

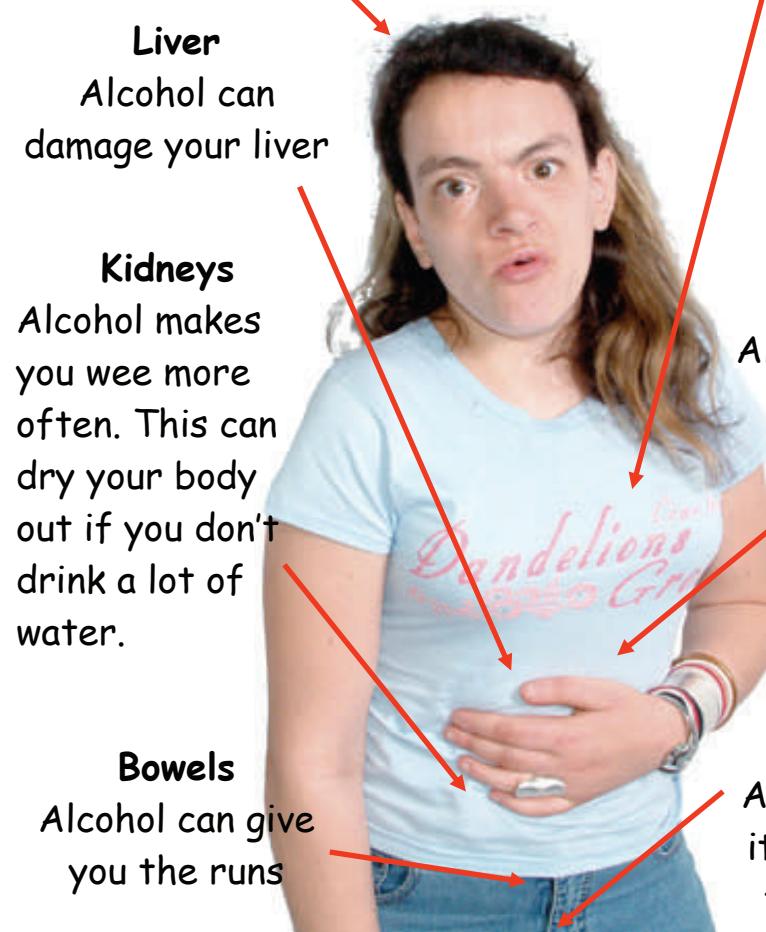
Alcohol increases your blood pressure. This can make your heart beat faster

Stomach

Alcohol can cause ulcers

Reproductive System

Alcohol can make it more difficult to have babies



What happens if you drink too much?

When you drink alcohol it can make you feel good but as you drink more you can start to lose control.



If you get drunk you might.....

Have an argument or a fight.



Fall over and hurt yourself.



Forget what you have done.



Feel sick or be sick.

How much can you safely drink?

Some drinks contain more alcohol than others.

People use the word **unit** to say how much alcohol there is in a drink.

A **unit** is usually one small glass. Each of these is one unit:

Half a pint of beer, lager or cider.



A small glass of wine.



A bottle of Alco pops.

A pub measure of spirits.

That's drinks like whisky and vodka.



Did you know?



It can be dangerous to mix alcohol and drugs.

Ask your doctor if it is safe to drink alcohol with your medication.

Drinking alcohol when you are pregnant could harm your baby.



There are lots of calories in alcohol.

Drinking a lot can make you put on weight.

Alcohol costs a lot of money.



Are you drinking too much?

Men should not drink more than 3 or 4 units a day.



Women should not drink more than 2 or 3 units a day.



The Government says:



Men should not drink more than 21 alcohol units in a week.



Women should not drink more than 14 alcohol units in a week.

Think about how much you drink.....