

Alcohol Liaison Service

Harm reduction advice

For many people, stopping drinking (abstinence) is the main goal. A sudden reduction or stopping drinking alcohol abruptly can have severe withdrawal effects, including possibly seizures, especially if you **drink 30 units or more per day**. Here is some guidance on how to achieve a safe reduction in alcohol.

- **Do not stop abruptly** - withdrawal symptoms can be serious and potentially fatal.
- Be positive - you can do this, try to remember why you are doing this.
- We strongly advise that a gradual reduction is achieved. Try and keep the drinking steady, without binges or days completely without alcohol.
- Let friends/ family know what you are doing, gain additional support from community services to support you through this or alcohol workers (details supplied).
- Reduce intake by 10% every 2-3 days - this allows the body to gradually adjust, causing less severe symptoms of withdrawals - days 2-3 can be the hardest days.
- You may experience some excessive sweating, shaking, or feel really anxious
- You might be sick (vomit) - this could mean you are reducing your intake too fast, and you need to slow the reduction down further
- Space out your alcoholic drinks and consider alternating with water or fruit juice. Drinking tea is fine but avoid coffee or caffeine drinks.
- Think of how you can manage your time better, keep your hands and mind busy.
- Consider meditation, deep breathing exercises, and any activities that will help.



Patient Information

Useful contacts

UHCW Alcohol Liaison Service

Contact: 02476965564

Hours: Monday –Friday 8-4pm

Answerphone service available

Alcoholics Anonymous (AA) Great Britain

AA supports people in their recovery and helps them to stay sober in the long term. Meetings are available online and in person.

Helpline: 0800 917 7650

24/7 support available

Email helpline: help@aamail.org

Change, Grow, Live

1a Lamb Street
Coventry CV1 4AE

Telephone 0247 601 0241

Monday to Friday 9-5pm

<https://www.changegrowlive.org/drug-alcohol-service-coventry/info>

Drink line

It is free, confidential helpline for anyone who is concerned about their drinking.

Helpline: 0300 123 1110

Monday – Friday 9am–8pm

Sat –Sunday 11am–4pm

Samaritans

Confidential non-judgmental emotional support, 24 hours a day for people who are experiencing feelings of distress, despair, or suicide.

Helpline: 116 123 (24hrs)

Email helpline: jo@samaritans.org (They try their hardest to get back to your email within 24 hours)

Patient Information

The Trust has access to interpreting and translation services. If you need this Information in another language or formats, please contact 024 7696 5564 and we will do our best to meet your needs.

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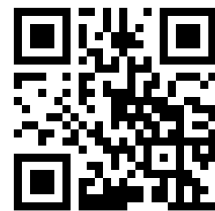
The Trust operates a smoke free policy.

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Document History

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