

## Alcohol Liaison Service

# Alcohol relapse prevention

**Do not feel guilty** for relapsing - this will only hold you back. Despite preparation and commitment to not drink alcohol (abstinence), many patients will experience a relapse at some point. Reflect on why you relapsed and learn to recognise your triggers. Below are some suggestions to help you move forward in a positive way.

- Identify triggers and high-risk situations. Anticipate and plan accordingly.
- Avoid associated drinking places and people you associated with when drinking.
- Do not allow your pride to slow down your recovery - reach out for help. Chat to your family and friends and tell them about your situation.
- 1 in 8 people have alcohol dependency issues. Be open about your situation.
- Build a strong support group. Embrace people who support your recovery. Research shows a higher success rate in maintaining abstinence in those who participate in group support. Try to contact community support such as Alcoholics Anonymous, Narcotics Anonymous, Change, Grow Live, etc (see useful contacts). Online support is also available.
- Develop coping skills for situations. Holistic therapies, exercise, reading and listening to music are good positive activities. Medication, positive self-talk, counselling & cognitive behavioural therapy (CBT) may all be beneficial.
- Make a 'to do' list of jobs to be completed. Put these in order of importance. However, please take one day at a time.



## Patient Information

- Eat a healthy and well-balanced diet - for example, a variety of fruit, vegetables, protein, and carbohydrates. Avoid caffeine late in the evening.
- Doing exercise can help to relieve stresses and strains. A brisk walk in the fresh air can lift mood & improve overall wellbeing. Do not allow yourself to become over tired - try to get a good night sleep and give yourself a pat on the back for making it through the day.
- Cravings will come and go. Try to keep busy and distracted at this time. Accept the urge and ride it out, instead of trying to fight it. This is known as “urge surfing.” Think of your craving as an ocean wave that will soon crest, break, and dissipate. When you ride out your craving without trying to battle, judge, or ignore it, you’ll see that it passes more quickly than you’d think.
- Set small goals, keep them within reach and keep them practical.
- Try to break your usual habits and routines - for example, change your route from home to work, re-arrange your living space or go to a different shop.
- Get rid of any alcohol and your favourite drinking glass - this can avoid triggering a memory.

## Useful contacts

### **UHCW Alcohol Liaison Service**

Contact: 02476965564

Hours: Monday –Friday 8-4pm

Answerphone service available.

### **Change, Grow, Live**

1a Lamb Street  
Coventry CV1 4AE

Telephone: Coventry: 02476010241

Rugby, Leamington or Nuneaton: 01926353513

Email: [Coventry.info@cgl.org.uk](mailto:Coventry.info@cgl.org.uk)

Monday to Friday 9-5pm

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

## Patient Information

Alcoholics Anonymous - 08009177650

Samaritans- 08457 90 90 90

### Alcohol Liaison Service

Contact - 0247 696 5564

Hours: Monday – Friday, 8-4pm

Answerphone service available.

## Other useful websites

Drinkaware UK <https://www.drinkaware.co.uk>

Alcohol Change UK <https://www.alcoholconcern.org.uk>

NHS Change 4 Life <http://www.nhs.uk/Change4Life/Pages/drink-less-alcohol>

Alcoholics Anonymous <http://www.alcoholics-anonymous.org.uk/Contact>

Coventry Recovery Community [www.coventryrecoverycommunity.org.uk](http://www.coventryrecoverycommunity.org.uk)

Mind: Coventry & Warwickshire [www.cwmind.org.uk](http://www.cwmind.org.uk)

The Trust has access to interpreting and translation services. If you need this Information in another language or format, please contact 0247 696 5564 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

### Document History

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